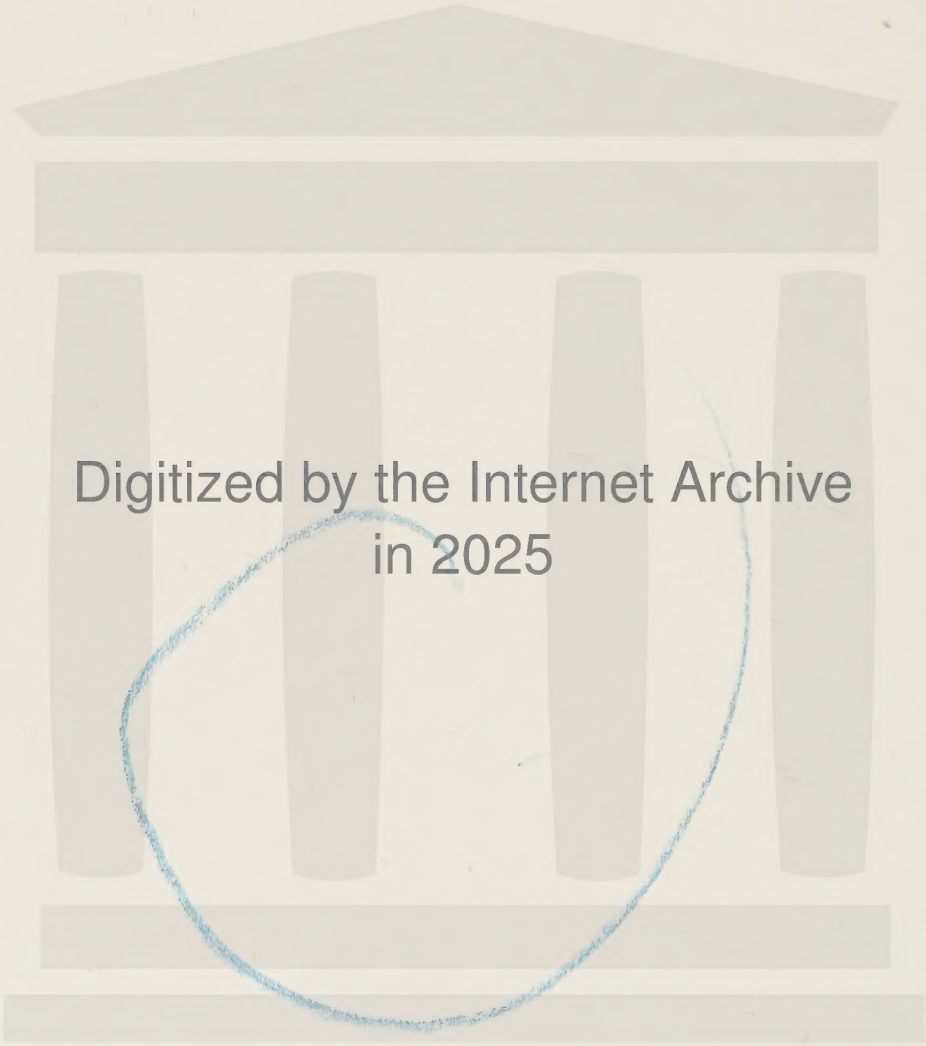
Healthy Cooking Made Easy

with the **Nutri-Tech®**
Food Preparation System

Improve your life by the way you cook.

by Sharon Claessens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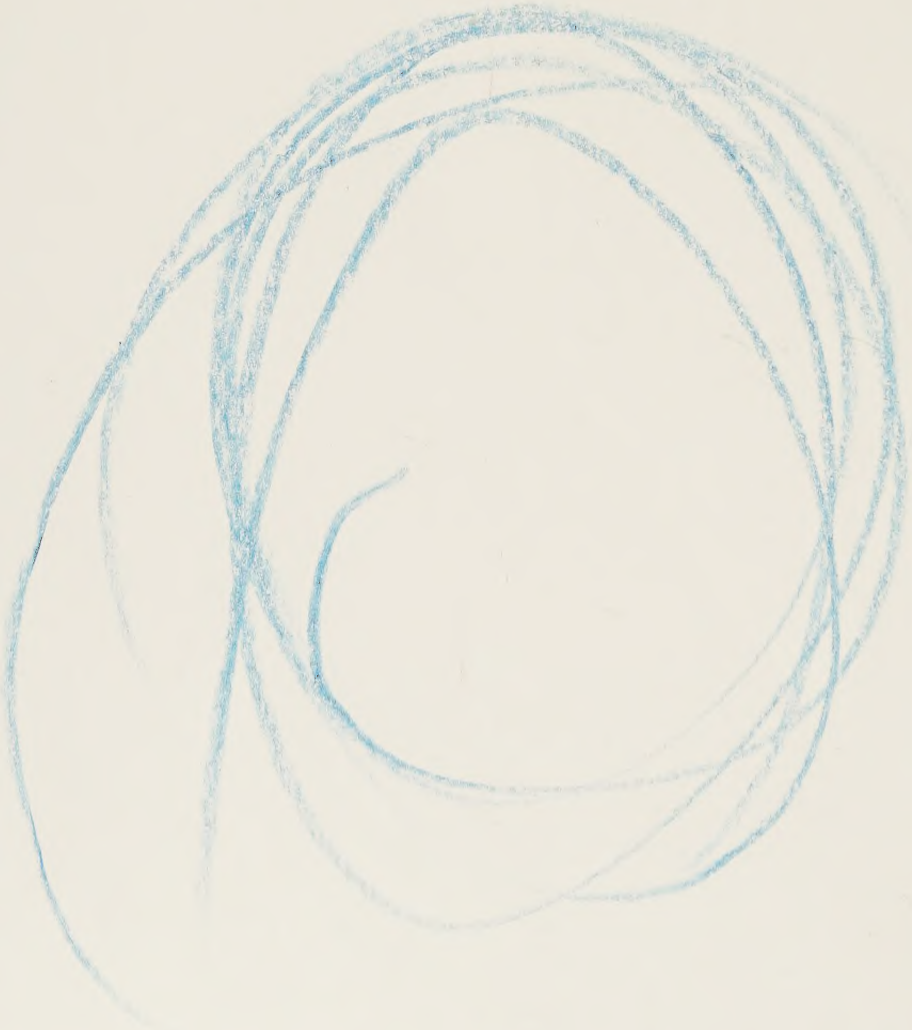

Nutri-Tech®
Food Preparation System

Healthy Cooking Made Easy

by Sharon Claessens

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A Message from the President

Welcome to Carico ... a better way of living. I would like to congratulate you on your decision to invest in the finest equipment available in the market place.

You have not just acquired some more pans to cook in! You have invested in a unique method of food preparation that will return more pleasure and benefits from your cooking efforts. To ensure your success we have included this unique "*GUIDE* for Carico Cooking."

arico headquarters.

We realize you know how to cook and hope you won't treat this "*GUIDE*" as just another cookbook to be placed on the shelf. Learn about the special hidden features of Carico Cookware and what they mean to you. Understand the multiple uses of the various components ... it's really unique! Read up on how to get the most from your cookware and how simple it is to care for and clean.

Many ideas will be familiar, some will be new, all are clearly and concisely explained. The specifics of this *GUIDE* will teach you what to do, when to do it, and what to expect. You'll soon learn that the Carico method of cooking is easier than conventional cooking and a lot more fun and rewarding.

When you plan for other tabletop products or additional cooking accessories, remember there are none finer than Carico ... Carico is Forever!

Sincerely,

Richard R. Cappadona
President

▲ **Sharon Claessens, formerly a senior editor with PREVENTION® Health Books, is the author of several cookbooks that focus on health and nutrition, including *The Natural Healing Cookbook*, *The 20-Minute Natural Foods Cookbook*, and *The Lose Weight Naturally Cookbook*. She studied food preparation at the Cordon Bleu School of Cookery in London and with French chef Ettienne Levy in New York City. She has written for *Prevention*, *Organic Gardening*, and other national magazines, and has traveled and explored cuisines throughout the world.**

A Message from the Author

WELCOME to the Nutri-Tech® Food Preparation System.

As the new owner of the Nutri-Tech® Food Preparation System, you've made an investment in good health. This book will enable you to use your investment wisely and will help you carry out your commitment to good health. This is your guide to a new way of eating.

Why is it that we need food at all? (This question is not why we like it, but why we need it.) The answer is simple: We need food because of its nutritional value. Yet we often eat foods that have little or no good nutrition. We know how easy it is to indulge in things like salty, fat-fried chips or sugary, creamy, high-calorie desserts. But when we're honest with ourselves, we know that we feel better, look better, and have the energy and equilibrium to live better when we eat well. And that guiding concept is what the Nutri-Tech® Food Preparation System is all about: eating well, without sacrificing flavor.

As you try the recipes in this book, you'll discover that the basic flavors of these delicious dishes come not from fat, sugar, or salt, but from the food itself. These recipes are designed to revive your taste buds and add pizzazz to your creations, but without the need for exotic ingredients. In fact, you'll be pleased and surprised at the wide range of healthful dishes and how easy they are to prepare.

Of course, even if a dish contains all the healthiest ingredients in the world, no one will eat it if it doesn't taste good. That's why each recipe has been taste-tested by people who love good food as much as you do.

While developing these recipes, I've been impressed with the outstanding features of the Nutri-Tech® Food Preparation System. I believe you'll be as thrilled as I am with the elegance, versatility, durability, and distinctive quality of this unique cooking system.

You don't have to be an expert to have success with the Nutri-Tech® Food Preparation System. Anyone can create five-star meals with this simple, sensible, and healthful style of cooking. You'll learn nothing more complicated than how to prepare good food properly.

Glance through the book. You'll find each page packed, not just with recipes but with information that will enhance your healthy cooking awareness. Read, learn, and enjoy!

Sharon Claessens

Sharon Claessens

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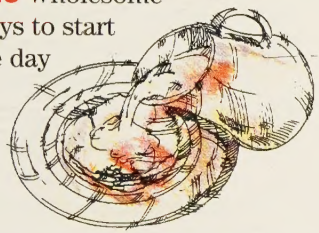

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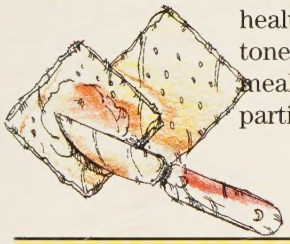

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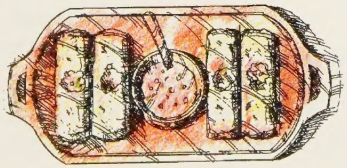

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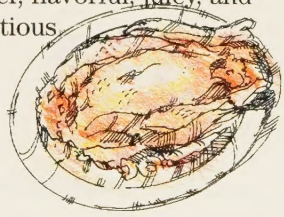

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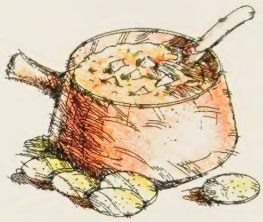

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What Our Symbols Mean

Each recipe in this book is followed by one or more symbols. The symbols represent health concerns–high blood pressure, heart disease, and so forth–that can be affected by the way you eat.

When the symbol is black, the recipe is appropriate for each of the health concerns represented. The presence of a black symbol might mean that the recipe is made using little or none of certain food elements, such as salt or fat, which can aggravate a health condition, like high blood pressure or heart disease. Or it might reflect the presence of one or more positive elements, such as natural bran or other fibrous foods, that are considered healing.

When the symbol is red, small changes, such as eliminating salt, might be necessary to make the recipe more appropriate for people with this health concern.

HEART HEALTH. Eating the right diet is the best defense against cardiovascular disease. These recipes are generally low in fat, high in fiber, and rich in the vitamins, minerals and other protective nutrients that reduce risk of heart and circulatory problems.

HIGH BLOOD PRESSURE. People with high blood pressure need to limit sodium intake to 1,000 to 1,200 milligrams per day–and that means cutting back on salt. Following the guidelines in this book and, in particular, preparing the recipes bearing this symbol will help you do this without sacrificing satisfaction.

SLENDERIZING. Two dietary culprits you'll want to avoid if you're trying to lose weight are fat and sugar. The recipes bearing this symbol are delicious and satisfying – as well as nutritious and low in empty fat and sugar calories.

DIABETES. As well as being low in white sugar and "sugar traps" like ketchup and Russian dressing, these recipes are also high in complex carbohydrates – found in whole-grain breads, beans, and brown rice, for example–which current research shows may help in the control of diabetes.

OSTEOPOROSIS. An adequate intake of dietary cal-cium is necessary to prevent this disease, which afflicts more than one woman in four, causing pain, loss of height, and spinal deformity. The recipes indicated with this symbol are rich in this important mineral.

These symbols are informational, not prescriptive. This means that while the information provided in this book is the best and most current available on proper diet and good health, *no one* can guarantee that eating a certain way will result in a specific benefit. We only know that, in general, these recipes are likely to be helpful. In fact, you and your physician may decide that this book makes it easier to translate medical advice (such as following a low-salt diet) into actual meals you can prepare and enjoy.

Introduction

What Is the Nutri-Tech® Food Preparation System?

It's a fact that some cooking techniques actually erode the nutritional value of foods. Using high heat, cooking with open pans, peeling fruits and vegetables, and boiling in water and then discarding cooking water all deplete vitamins and minerals from food.

The Nutri-Tech® Food Preparation System, however, is designed to preserve the vital nutrients naturally found in foods. Based on extensive research in the fields of clinical nutrition, food science, and modern cookware technology, Nutri-Tech® is a cooking system so advanced, it's simple.

To cook food well, a pot or pan must distribute heat uniformly. The pans you now own are designed for maximum heat distribution and nutrient-saving cooking. What does that mean for you?

1. You can cook most foods with little or no water, so vitamins and minerals end up on your plate, not down the kitchen drain.

2. No butter or added oils are necessary in cooking meats or poultry. This cuts down on excess dietary fats and saves money.

3. You'll be able to cook most foods over low heat on top of the stove – even tricky casseroles like lasagna. And that adds up to significant savings on fuel.

4. Cooking over low heat with a vacuum seal makes less-expensive meats tender and reduces shrinkage of meats, stretching your food dollar farther.

5. Because of its unique design, the Nutri-Tech® Food Preparation System will save you time in food preparation, so you'll have more time for yourself!

6. The Lifetime Full Warranty ensures lifetime service and no expensive replacements. The precision-built, 5-ply ALCORE retains its shape and appearance through years of use.

These are just a few of the benefits and savings you can look forward to. And convenience and ease don't end with cooking. This elegant, finely crafted cookware can go directly from stove to tabletop, keeping foods hot and eliminating extra dish washing. Best of all, these stainless steel pans clean up quickly and easily – no more time wasted scrubbing and scouring.

Besides maximizing food nutrition, cutting food costs, and saving on fuel and time in the kitchen, this durable, high-performance cookware will save you money on replacement costs. You can *depend* on a lifetime of satisfaction.

▶The Patented Nutri-Tone® Control

One of the outstanding features of this system is the exclusive patented Nutri-Tone® Control. This ingenious device eliminates the need for guesswork, making it a snap to get perfect cooking results.

It's never been easier to know when your foods have reached optimum cooking temperatures – and without pot-watching! When the Control tone sounds, just turn the heat to low, close the Control, and begin timing. Once you have used the Nutri-Tone® Control, you'll wonder how you ever cooked without it.

Care and Cleaning of Your Cookware

Before the first use: Thoroughly wash each piece of your new cookware in hot, soapy water containing ½ cup vinegar. Rinse with hot water and dry.

Regular cleaning of your cookware: Easy-care pans require only washing in hot, soapy water. Rinse in hot water and dry. **Cleaning stubborn spots:** If needed, rinse pan and sprinkle with a mild stainless steel cleanser. Use a folded paper towel rather than a sponge or dish cloth, which will absorb the cleanser, and rub in a circular motion until the pan is shiny. Wash in soapy water, rinse, and dry. Dishwasher hint: A rinsing agent, such as Jet Dry, will eliminate water spots and help retain lustrous appearance. **IMPORTANT:** To avoid damaging the finish, never use steel wool or hard abrasives when cleaning the cookware, and never use sharp utensils to cut foods in the pans.

Cleaning the Patented Nutri-Tone® Control: Ordinary washing is sufficient. If you want to wash the inside of the Control for any reason, simply unscrew the knob assembly. Wash parts in hot soapy water. Rinse and dry thoroughly before reassembling.

How to Prepare Foods for Cooking

Fresh vegetables and fruit:

■ Place cleaned, fresh vegetables or fruit in a pan and cover with cold water. Rinsing the produce will help restore the moisture it often loses during shipping and storage.

■ Drain off the excess water from the vegetables or fruit. The now-moistened produce has all the liquid it requires to cook properly. (If you feel more comfortable at first adding a little water, be sure to use no more than 4 tablespoons.)

Frozen vegetables:

■ Place unthawed frozen vegetables in a cold pan. (Placing frozen food in a hot pan may cause warping.) Do not rinse the vegetables or add any water to the pan.

Meats and poultry:

■ Thaw frozen meats and poultry to ensure even cooking.

■ No butter, oil, or shortening is needed. Preheat the pan over medium heat for two to three minutes. The pan is hot enough if drops of water dance when sprinkled in it. Sear meat on all sides.

■ Reduce heat to low and continue cooking as instructed in the recipe. For thicker or larger cuts of meat, cover the pan to complete cooking.

■ Place frozen patties, such as hamburgers, in a cold pan and set over low heat. Cover the pan and cook until meat thaws and reaches desired doneness.

Fish:

■ Allow frozen fish to thaw in the refrigerator before preparing to ensure even cooking throughout. Use a small amount of seasoned liquid, oil, butter, or vegetable oil spray in the pan before adding the fish.

Dried foods:

■ Use the amount of water or liquid specified in the recipe or on the package for foods such as pasta, rice, beans, cereals, soups, and dried fruits or vegetables.

How to Cook with the Nutri-Tech® Food Preparation System

Remember this simple three-step process for cooking with the Nutri-Tech® Food Preparation System:

1. Select the correct size pan. Pans should be at least two-thirds filled with food. The cover should fit the pan.

2. Cover the pan with the Nutri-Tone® Control open. Place over medium, or medium-high, heat.

3. When the tone sounds, the correct cooking temperature has been reached. Reduce the heat to the lowest setting and close the Control. Cook to desired doneness, or as instructed in the recipe.

▶Heat Control

Heat control is very important to successful Carico cooking. Stoves vary and settings have different heat intensities. *Never use high heat.* It causes moisture loss, which results in food shrinkage, sticking, and scorching of food. If food starts to stick when cooked over the lowest heat setting, move pan partially off the burner or use a heat-reducing pad on your burner. These can be purchased at appliance or housewares stores.

Browning meat or poultry: Preheat the pan on medium heat for two to three minutes. Sprinkle a few drops of water on the cooking surface. When the water dances, the surface is hot enough to brown meat or poultry.

As meat browns it may stick to the hot pan, but it will loosen as it sears. Let meat cook until several drops of juice can be seen on the surface. Then turn and brown the other side; cover with the Nutri-Tone® Control open, and when the tone sounds reduce heat to low.

When you turn the heat to low, in less than a minute the steam will stop escaping from around the edge of the cover. This means a vacuum seal has formed. With an electric stove it may take longer to cool to low. If, after a minute or so, steam is still escaping, reduce the heat to simmer or turn it off; or, move the pan partially off the burner. Foods will continue to cook because of the unique pan design.

Do not lift the cover while food is cooking. This breaks the vacuum seal. Cooking time will be lengthened considerably and the resulting moisture loss could cause food to burn. If you must check on the doneness of food, lift the cover only enough to insert a fork; replace the cover as quickly as possible. To re-form the seal, turn heat to medium, open the Nutri-Tone® Control, and cook for about a minute. When the tone sounds, turn heat to low, close the Control, and continue cooking.

▶Cooking Tips

Salt: Do not put salt directly in pans. Although stainless steel is exceptionally durable, it is not indestructible. White spots may occur if undissolved salt remains in the bottom of the pan during cooking. These spots do not affect the use of the pans, nor are they defects in the metal. For pasta or dried foods, add salt after the water is boiling and stir to dissolve the salt. Salt other foods sparingly just before serving.

Stovetop Baking: When baking quick breads or cakes on top of the stove, prepare batter following your recipe or package instructions, but reduce the liquid by one-fourth. Lightly coat the pan with vegetable oil or spray, and preheat the pan over medium heat for one to two minutes before adding the batter. Cover with the Nutri-Tone® Control closed, reduce heat to low, and bake 12 to 20 minutes. Open the Control for the last five minutes.

Using Oils: Fish and eggs have very little natural oil. Lightly coat the pan with butter, margarine, or oil; or use a vegetable spray. Always preheat the pan for two to three minutes over medium heat. Pancakes may also require a light coating of vegetable oil or spray to prevent sticking. Again, it is necessary to preheat the pan for two to three minutes over medium heat.

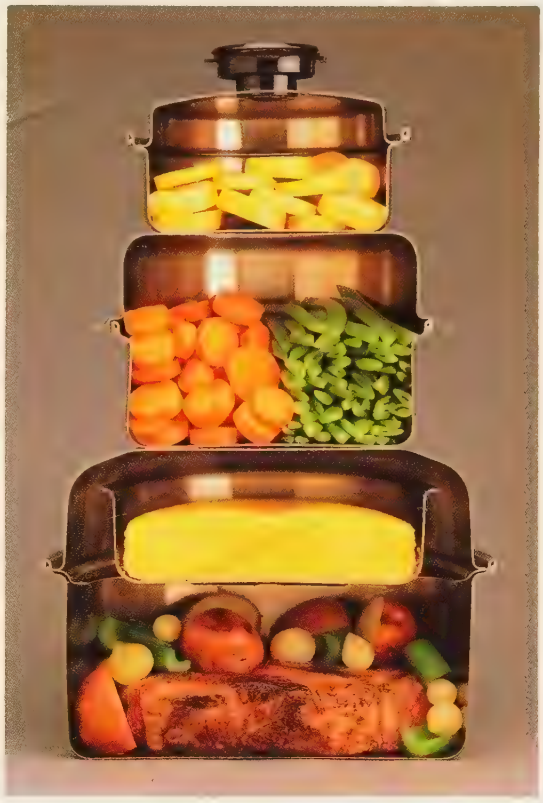
Steamer Inset (not included in all sets): Make sure the water does not touch the bottom of the Inset. Usually, one inch of water is enough; long steaming times may require slightly more water.

▶More About Stack Cooking

Stack cooking is a wonderful convenience. You can prepare several foods at one time by stacking a smaller pan on top of a larger pan on a single rangetop unit. Your Nutri-Tech® Food Preparation System is specifically designed to provide even heat distribution and the vacuum seal that is necessary for stack cooking. The food selections in the instructions that follow are guidelines. Keep in mind that the lower pan is better for cooking foods that have more weight and volume, and require longer cooking times, such as meats or stews. The upper pans are best for cooking fresh or frozen vegetables, fruits, or sauces. The very top pan can be used to re-heat leftovers, melt butter or chocolate, and warm dinner rolls. Be creative – just follow the simple steps on this page and you will enjoy the energy and space-saving benefits of stack cooking.

To prepare the meal shown here, preheat the Dutch Oven over medium heat for two or three minutes. Sear a four- to five-pound top or bottom round roast on all sides until browned. Place halved, unpeeled potatoes, celery chunks, and small whole or halved onions on top of and around the roast.

Spray the Inset Pan with cooking spray;



preheat the pan about one minute over medium heat. Prepare a single layer cake (from a 9-ounce cake mix), reducing liquid by one-fourth. Pour the batter into the prepared pan. Place the Rack on the Dutch Oven, over the roast and vegetables. Place the cake pan on top of the Rack. Cover with the High Dome Cover and cook over medium heat until steam begins escaping at the edge of the cover. Reduce heat to low to obtain seal and cook according to the time chart for meat on page 51.

About 30 to 35 minutes before you want to serve the meal, stack the Sauce Pans containing additional vegetables. Place carrots and green beans, half each, in medium or large Sauce Pan; cover with Junior Dome Cover, or an inverted sauce pan. Place the pan over medium heat and cook until steam

begins to escape from around the cover. Immediately set this pan on top of the High Dome Cover. Place fresh or frozen whole kernel corn (or sliced or cubed summer squash) in the small Sauce Pan and cover with the Nutri-Tone® Control open. Place the pan over medium heat until the tone sounds; close the Control and immediately position the pan on top of the Junior Dome Cover. The foods will continue to cook in the sealed pans from the heat of a single burner, and everything will be done at the same time.

Converting Your Recipes to the Nutri-Tech® Food Preparation System

While the Nutri-Tech® Food Preparation System makes other methods obsolete, you won't have to discard your cherished cookbooks and favorite recipes. Most recipes can be easily adapted to the Carico cooking method. (Follow the cooking instructions on page 4.) The times and heat settings suggested in the recipes should be used as a guide for preparing your old favorites the Carico way. To adjust the doneness to meet your personal preference, merely shorten or lengthen the cooking times. Keep in mind that overcooking will give you mushy, less flavorful vegetables and will oftentimes toughen meats. It is important to use only medium or low heat (see page 4). Here are a few useful tips for converting your favorite recipes to a healthier cooking style.

Baking: Many dishes, including roasts and casseroles, that you may have baked in an oven can be cooked successfully on the stovetop. The exception may be foods with crust toppings (which will not brown), pies, and some breads.

Boiling vegetables: Vegetables can be cooked with little or no water over low heat or steamed in a steamer before being added to your favorite recipes. (See Vegetarian Main Dishes and Vegetable Side Dishes chapters, pages 29 and 91.) Most vegetables need only be scrubbed, not peeled, before cooking.

Marinating: The practical stainless steel used for Carico cookware allows you to marinate foods – even with highly acidic marinades – right in the pan in which you cook them. Foods may also be stored directly in the pans.

Using Fats: You will note that when oil or butter is used in the recipes within this book, it is in minimal amounts. Simply cut back on the amounts of oil, or use a cooking spray to coat the pan. With meats and poultry, no oil or butter is necessary for browning. Brown ground meats without adding butter or oil and drain off fat before combining with other ingredients. After browning other meats and poultry the Carico way, just continue with the directions in your recipe.

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Although many traditional recipes can be adapted, some ingredients should be sharply reduced, eliminated, or substituted.

Butter: You might add just a touch of unsalted butter for flavor, but concentrate on polyunsaturated oils (corn, soybean, safflower) or monounsaturated oils (olive, peanut, canola) for most cooking. Cooking oil sprays and unsalted margarine, used sparingly, are other good alternatives.

Chocolate: Because chocolate is bitter in its natural state, large amounts of sugar are required to make it palatable. It's very high in fat and also contains caffeine, a powerful

stimulant. If you find chocolate hard to resist, serve only on special occasions and cut down on amounts.

Condensed cream soups: Eliminate these. Instead, blend one cup low-sodium chicken stock, ½ cup powdered skim milk, and ¾ cup pureed cooked vegetables, such as potato, celery, mushrooms, broccoli, or asparagus. Add to casseroles calling for canned condensed soups.

Heavy cream, sour cream, cream cheese: When possible, eliminate these. Yogurt can often be substituted for sour cream as a topping (or mix them half-and-half), but it does not hold up well under heat. Try substituting whole milk in recipes for soups or sauces calling for heavy cream.

Salt: Eliminate or cut back on salt in cooking, and avoid such high-sodium items as olives, anchovies, and pickles, or use sparingly. Instead, substitute herbs, lemon juice, wine (the alcohol evaporates in cooking), or spices to flavor dishes.

Sugar: Foods that contain large amounts of sugar (such as jams, jellies, and ketchup) should be used sparingly. You may be surprised to find that many dishes will taste quite good even when the amount of sugar suggested is cut in half.

Whole milk and whole-milk cheeses: Substitute skim milk for whole milk, and skim-milk or part skim-milk cheeses for whole-milk cheeses.

HEALTHFUL REPLACEMENTS FOR COMMONLY USED FOODS

COMMONLY USED FOOD	HEALTHFUL REPLACEMENT
Bread crumbs, white	Wheat germ; whole-grain bread crumbs
Butter	Low-fat margarine; cholesterol-free vegetable oil
Corn flakes	Wheat germ; crushed whole-grain bread crumbs
Cream, sour or whipped	Yogurt
Cream cheese for spreading	Make your own from yogurt
Flour, white, as a thickener	Whole wheat flour; cornstarch; soft-cooked rice
Gelatin, artificially flavored and sweetened	Unflavored, unsweetened gelatin
Lard	Low-salt butter or margarine; vegetable oil
Milk, whole	Low-fat or skim milk; low-fat yogurt
Pancake syrup, commercial	Honey; molasses; pure maple syrup
Pasta, white	Whole wheat pasta
Rice, white	Brown rice; bulgur
Salt	Herbs; spices; lemon juice; wine (alcohol evaporates in cooking)
Shortening, hydrogenated	Low-salt butter or margarine; vegetable oil
Soups, canned cream	Chicken broth, powdered milk and pureed vegetables
Sugar, brown or white	Fruit juice; honey; maple syrup; molasses

Bonus Features

LOW FAT COOKING: To prepare meats without grease, preheat your skillet or roaster over medium heat. When you drop some water in the bottom (a few drops) the water should roll around or bead around. If the water disappears (evaporates), either the pan is not hot enough, or the heat is not high enough. It takes a few minutes to preheat. Place the meat in the pan, making sure to place it correctly. Press the meat down against the pan. It will stick at first and this is precisely what is required. Sear well and turn. When meat is properly seared, it will loosen and can be turned with a fork. Sear other side. Cover the pan, reduce heat to low.

STACK COOKING: "Stack Cooking" is a very unique and efficient way of cooking. This technique simply means one utensil is placed on top of another. Stacking permits the heat to follow the inner core. This is a definite advantage when a slower cooking process is desired (up to several hours) without the fear of overcooking. As the heat travels upwards, the cooking time is greater.

Another advantage of "Stack Cooking" is less consumption of fuel. Most times, you will only use simmer or warm temperatures.

STOVE TOP BAKING: Your Nutri-Tech® cookware provides added versatility and fuel savings by allowing you to bake cakes and breads on top of the stove. Prepare batter or dough according to recipe. Preheat greased skillet or pan for 3 to 4 minutes over low heat. Pour batter into pan and cover, then adjust heat to lowest setting. (Slight adjustments may be required during the baking cycle.) During the last 5 to 10 minutes of baking time, set the cover ajar slightly to remove extra moisture. Cakes and breads will bake to a light brown.

USE IN THE OVEN: Nutri-Tech® utensils have phenolic handles which are oven-safe up to 350°F. However, the oven must be fully preheated (indicated by light going off) before placing pans inside, as the preheat stage might exceed 350°F and could damage the handles. CAUTION: Be certain the broiler unit is turned off, as it could ruin the handles.

STACK AND STORE EASE: The covers invert and nest into each unit. This enables you to stack your pans on top of each other, minimizing storage space required. When you reach to retrieve a pan, the cover is conveniently set inside.

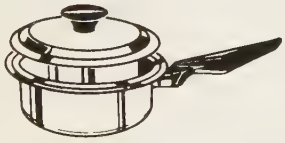
HANG UP HANDLES: When cabinet space is at a premium, each unit may be hung by the handle. It's a nice way to display your cookware for your friends to admire.

Description and Function of Each Nutri-Tech Utensil

NOTE: You may not have all of the following utensils. The number you have depends upon the size of the set you purchased.

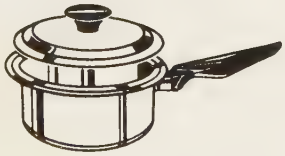
1 QUART SAUCEPAN & COVER

One of the handiest utensils you can own. Perfect for preparing frozen vegetables, fruits, cereals, baby foods, custards, frostings and delicate sauces. Convenient for warming leftovers.



2 QUART SAUCEPAN & COVER

Just the right size for preparing green vegetables for the delicious low-moisture way. Use it for vegetables, fruit sauces, sauces for fish, meat and vegetables, cereals and custards.

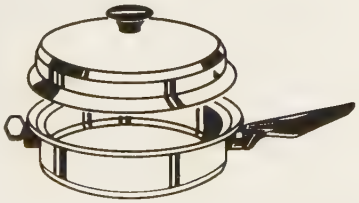


3 QUART SAUCEPAN & COVER

This pan is really versatile. It's wonderful for fruits, vegetables, stews, rice, candy-making or range-top baked potatoes.

1½ QUART SAUCEPAN/SKILLET & COVER

A wide and low profile unit that easily thaws and cooks packages of frozen vegetables. It can also be used as a small skillet.



10 INCH FRY PAN & COVER

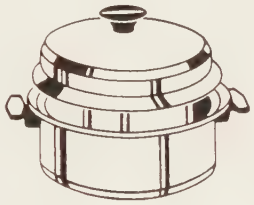
Your beautifully styled 10 in. Fry Pan is big – and built for heavy-duty service. You can use it to fry, roast, cook or pan-broil. Use it for chicken, steaks, chops, ham or bacon and eggs, pancakes, potatoes, seafoods and sautéing all foods. Try it, too, for delicious range-top baked apples.

8½ INCH GOURMET SKILLET

Make cooking an adventure, experiment! Swirl crepes, flip omelettes. Try sauteing or flambeing or making those delicate sauces that will win the admiration of any gourmet chef.

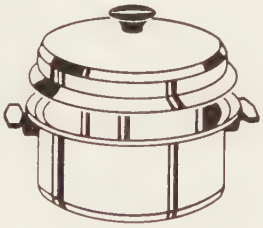
10½ INCH GOURMET SKILLET

The sides are shallow and gradually sloped to allow turning or flipping food with ease. It is ideal for cooking meats or fish with slight amounts of cooking oils. This size is perfect for larger preparations such as: veal picatta, veal scallopini, fillets and many other dishes.



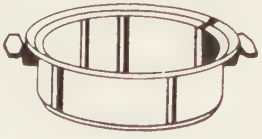
5 QUART ROASTER/SAUCEPOT & COVER

The central unit of your Nutri-Tech® set. Large enough for main dishes, roasts, soups, stews and capons.



6 QUART ROASTER/SAUCEPOT

Prepares a complete meal at one time over one low burner. It has endless uses as a range-top roaster. It is marvelous for preparing extra large portions such as roasts, baked ham, vegetables, fruits, soups, stews, corn-on-the-cob, etc.



10 INCH DOME COVER/CASSEROLE

Turn the dome cover of the 6 Qt. Roaster/Saucepot upside down and you have a convenient dish for oven cooking, baking and serving (up to 350°F). This cover also fits the 10 in. Fry Pan – provides extra capacity when preparing large roasts or fowl.

DOUBLE BOILER INSET

A companion for the 2 and 3 Qt. Saucepans. Utilize it for reheating foods, making delicate sauces or frosting or as a casserole dish for baked beans, potato salad or scalloped potatoes.

STEAMER INSET

No longer do you have to prepare leftovers in the oven and serve them hot and dried out. With this unit placed on the 2 or 3 Qt. unit, you can have moist, hot leftover foods that are as good as the first time they were served. This is also an ideal vegetable press or colander.

MASHER

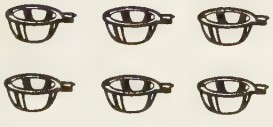
Use with the steamer inset for making mashed potatoes, applesauce or baby food.

6 HOLE UTILITY RACK

This rack can be used in countless ways. Use it with the 6 utility cups as described below. Use it in the 6 Qt. Roaster/Saucepot or 10 In. Fry Pan to hold the casserole. Use it alone in the 6 Qt. Roaster/Saucepot to sterilize 6 baby bottles (place small rack or cloth in bottom of 6 Qt. Roaster/Saucepot).

4 HOLE UTILITY RACK

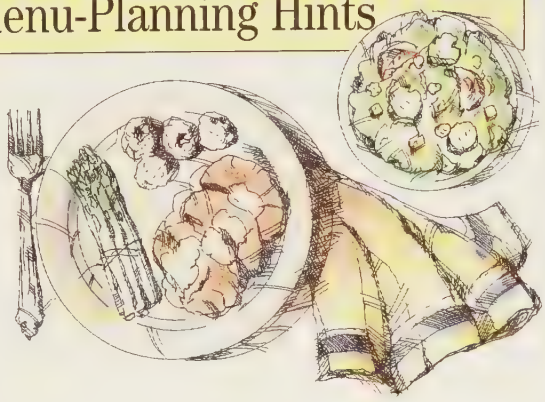
Perfect for smaller servings – make poached eggs or individual desserts.



UTILITY CUPS

These easy-to-clean cups are the answer to preparing perfectly poached eggs. They are handy, too, for custards, muffins or baby foods – prepared with utility rack in 6 Qt. Roaster/Saucepot or 10 In. Fry Pan. You can use them as small jello molds, too.

Menu-Planning Hints



Balancing meals need not have you walking on a tightrope of anxiety. Some general guidelines, applied each day, will ensure that you get all the nutrients your body needs to function at its healthy best.

Think of your daily intake in terms of percentages of major types of foods. For a healthful, low-fat, high-fiber diet, you will want to consume roughly the following:

40 to 50 percent vegetables and fruits: These include green salads, sweet potatoes, squashes, tomato sauces, fresh apples or pears, cooked fruit desserts, and so forth. Include many raw or lightly cooked fruits and vegetables among them.

35 to 40 percent grains: Whole-grain breads, pasta, rice dishes, oatmeal, and other breakfast cereals are included here. They supply healthy amounts of B vitamins and fiber.

15 to 20 percent beans, meat, poultry, fish, or dairy products: You will get sufficient protein, without excess fats, when you eat even limited amounts of protein-rich foods. Beans, of course, provide extra fiber, which aids digestion. Fish contain beneficial oils. Poultry is often leaner than meat and can be substituted for ground meats or veal (see Poultry chapter, page 61). Choose skim-milk dairy products, and be aware of the high sodium content of many milk products.

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When planning meals, keep in mind the following guidelines to achieve good nutritional balance:

Color: When planning a meal, select something green (possibly salad greens, peas, spinach, or zucchini), red (tomato sauce, watermelon, or apple dessert), yellow (egg, squash, corn, or wax beans), white (potatoes, pasta, skim milk, fish, cheese, or rice) and brown (meat, beans, or wild rice). You'll be covering a broad spectrum of foods if you vary your diet and keep food colors in mind. Not only that, but the selections will be attractive, too – an important consideration in providing meal satisfaction.

Flavor: Vary the tastes in a meal. You can choose from salty (we're talking about naturally occurring flavors, such as the salt pre-sent in seafood), neutral, sour, spicy, and sweet. For example, you wouldn't want to serve a sweet-and-sour stir-fry with sweet glazed carrots, applesauce, and a fruit compote for dessert. Neutral flavors might be meat, beans, or rice.

Texture and shape: Serve crunchy foods (nuts or raw vegetables) with soft foods such as cooked beans, fish, pasta, or rice. If you are mixing several ingredients in a casserole, don't accompany the main course with mixed steamed vegetables and fruit salad for dessert. Instead, serve a simple vegetable – perhaps steamed broccoli – and a single fruit to end the meal. When combining foods in a casserole or stir-fry, or when including several vegetables in a meal, vary the shapes as you cut up the foods. Some might be cut in long, thin strips, others sliced, and others cubed or diced.

Nutri-Tech® Q&A

Q. *My stove seems too hot, because I've burned some foods. I think I'm following the directions, so what am I doing wrong?*

A. You may not be doing anything wrong. Your stove may be hotter or cooler than the stove used to prepare these recipes. Your stove may be hard to regulate at a sufficiently low setting to cook foods evenly without burning. Try placing a heat deflector or other flame-taming device between the heat source and the pan to regulate the heat at a lower setting (see page 4). If you find, on the other hand, that foods don't seem to cook as quickly as noted in the recipes, you may want to turn the heat up slightly.

Q. *Why does the cover sputter and make a mess on my stove?*

A. The heat is too high and the seal has not formed. Reduce the heat (see first question).

Q. *How do I remove the cover after the pan is removed from the stove?*

A. When a pan is removed from the heat for an extended period of time after cooking, the vapor seal is so strong that the cover will stick and be difficult to remove. In this case, simply open the Nutri-Tone® Control and the cover will release immediately. If this happens with the High Dome Cover, just place the pan over low heat for a short time until the cover loosens.

Q. *How can I remove burned-on foods from my pans?*

A. Cooking over excessively high heat or removing the cover during cooking will cause food to burn or stick. To remove burned-on foods, partially fill the pan with cold water and bring to a boil over medium heat for a few minutes. Let cool, then pour out the water; the pan should now clean up easily with a cleanser. (See "Care and Cleaning of Your Cookware," page 3.)

Q. *One of my pans has developed a blue tint in the bottom. Is there any way to remove it?*

A. When too much heat is used, heat tints of blue or golden brown, or white hard-water spots, may appear. They can be removed with stainless steel cleanser. (See "Care and Cleaning of Your Cookware," page 3.)

Q. *My Nutri-Tone® Control doesn't sound anymore. What should I do?*

A. Check for any food or other obstruction lodged in the Control knob. The knob may easily be taken apart to clean. (See "Care and Cleaning of Your Cookware," page 3.) Be sure the knob is screwed back on the cover tightly.

Q. *May I use my pans under the broiler?*

A. No. The Nutri-Tech® Food Preparation System was designed for stovetop cooking. Although the pans can be used in the oven at temperatures below 350°F, using them under the broiler or at oven temperatures above 350°F will damage the handles and knobs – this could cause them to break, which could also cause painful burns.

Q. *Are the pans indestructible?*

A. With normal use, these pans will last a lifetime. However, all metals are affected by high heat or extreme changes in temperature and may warp. To avoid warping, never use HIGH heat. Not only can it damage the pan, but it's a waste of fuel. DO NOT put a hot pan in cold water. And do not use pans in an oven set above 350°F. Do not cut foods in the pans or strike the shoulder of the pan with metal utensils.

▲Garnish plates with jewel-like fresh fruits when serving pancakes for breakfast or brunch.

BREAKFASTS

Pay more for less? Given a choice, none of us would willingly settle for that. Yet that's exactly what millions of consumers do every day when they purchase highly processed, sugar-coated, ready-to-eat breakfast cereals.

Despite the inflated claims – "enriched" and "fortified" – used to tout these popular cereals, more vitamins, minerals, and fiber are lost in processing the grains than are replaced. Protein quality declines. Artificial flavors, sugar, fats, and salt disguise the fact that the grains' natural goodness has been stripped away along with the nutrients. And, ounce for ounce, these cereals are anywhere from 50 to 100 percent more expensive than the healthful grains from which they were made.

The best way to get on the right nutritional track is with the first meal of the day. The recipes selected in this chapter are high in protein, fiber, and nutrition. The American Heart Association recommends that saturated fat and cholesterol intake be limited to prevent conditions leading to heart attack and stroke. Current recommendations are to limit egg intake to three or four whole eggs per week. (Don't forget the eggs used in baking and other dishes when calculating intake.)

However, if you choose an egg dish for breakfast, remember to have some whole grain toast (for fiber) and fruit (for additional nutrients) to make a balanced breakfast. Have an egg breakfast only once or twice a week.

To reduce saturated fat intake at breakfast: eliminate bacon and sausage, both of which are also high in sodium, and eliminate commercial baked goods and mixes containing lard, butter, cream, or other high-fat ingredients such as palm or coconut oils.

You don't need to settle for convenience foods for breakfast with the Nutri-Tech® Food Preparation System.

▲**French Toast is elegant with a topping of fresh fruits. Use whole-grain breads for fiber; choose hearty Russian-style rye and pumpernickel for variety. Have leftovers? After pan-baking, cook, then wrap and freeze them. Thaw and warm in a toaster before serving.**

FRENCH TOAST

Makes 4 servings

Slightly stale breads and hearty, dark loaves make the best French toast. Cut your own, and make the slices thick!

1 egg
1 egg white
2 tablespoons skim milk
½ teaspoon vanilla extract
¼ teaspoon cinnamon
4 large slices whole-grain bread

Place egg and white in shallow bowl and beat with fork until blended. Add milk, vanilla, and cinnamon and combine.

Heat Large Skillet and brush lightly with oil. Dip slices of bread into egg mixture, coating both sides, and place in pan, turning when one side is browned. Serve hot.

TOPPINGS: Try cinnamon applesauce, chopped fresh fruit and maple syrup, fruit sauces, or a light coating of fruit jam.

Use unsweetened applesauce for topping.

PEASANT PORRIDGE

Makes 2 servings

Bulgur, the grain used here, is available in many supermarkets, ethnic grocery stores, and health food shops. You'll find the nutty flavor and whole-grain goodness a welcome morning lift.

½ cup bulgur
1 cup water
2 tablespoons raisins
1 teaspoon brown sugar or unsulfured molasses
Skim milk

Place bulgur, water, and raisins in small Sauce Pan and place over medium heat. Cover with Nutri-Tone® Control open. When tone sounds, close Control, turn heat to low, and cook 15 minutes. Remove cover and stir.

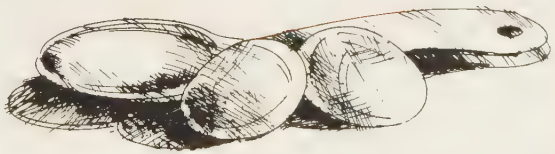
Serve hot with dusting of brown sugar or drizzle of molasses and skim milk to taste. Delicious with fresh, sliced strawberries.

Omit sugar; use ½ teaspoon molasses.

SCRAMBLED EGGS

Makes 2 servings

3 eggs
1 tablespoon milk
Dash of salt
Dash of paprika



Eggs should be at room temperature. Place in small bowl and add milk, salt, and paprika. Beat with fork until well combined.

Add small amount of unsalted butter, margarine, or vegetable oil spray to Small Skillet and set over low heat. When butter is melted or pan is hot, add egg mixture. Stir occasionally with wooden spoon until eggs thicken into soft curds. Serve immediately.

VARIATIONS: *Cheddar Scrambled Eggs:* Add 2 tablespoons grated Cheddar cheese when eggs are nearly done cooking. *Creamy Cheesy Scrambled Eggs:* Add ¼ cup low-fat cottage cheese halfway through cooking. *Light 'n' Airy Scrambled Eggs:* Add an additional, stiffly beaten egg white to basic recipe and cook as directed. *Mushroom Scrambled Eggs:* Add ¼ cup cooked, sliced mushrooms halfway through cooking.

Omit salt.

FANTASTIC FRUIT SAUCES

Substituting a sauce made with fresh fruit for the usual syrup topping will add vitamins, minerals, and fiber to breakfasts or desserts.

Blueberry Sauce: Place 2 cups blueberries and ⅓ cup maple syrup in blender and process until smooth. To warm sauce, place in small Sauce Pan over medium heat and cover with Nutri-Tone® Control open. When tone sounds, close Control and turn off heat. Let stand until ready for serving. Sauce can be served cold over desserts.

Honey-Apple Topping: Place 2 tart apples, cored and chopped, ⅓ cup apple juice or cider, 2 tablespoons honey, and dash of cinnamon in blender and process until smooth. If desired, warm in small Sauce Pan, as above.

Strawberry Sauce: Substitute strawberries for blueberries, above.

PANCAKE TIPS AND QUICK MIX

Call them flapjacks, griddle cakes, or pancakes – they're sure to be a success when you follow these tips for stovetop baking:

- With pastry brush or paper towel, spread a small amount of unsalted butter or margarine evenly across bottom of pan, or spray with vegetable oil.
- Set pan over medium heat until drops of water dance when sprinkled in pan.
- Pour about ¼ cup batter per pancake into pan, making each 4–5 inches in diameter.
- Turn pancakes when bubbles form on top surface and bottom is browned; bake remaining side.

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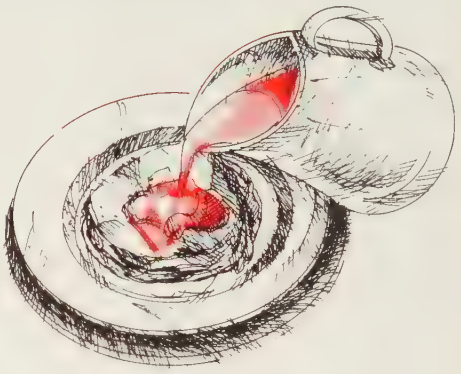
You can have your own hearty, wholesome pancake mix ready to go for special breakfast mornings without fuss. Combine 2 cups unbleached flour, 1 cup whole-wheat flour, 2 tablespoons sugar, 1 tablespoon baking powder, and ½ teaspoon salt in a self-seal plastic bag. This makes 3 cups mix. To make 6 pancakes, combine 1 cup mix with 1 beaten egg, ⅔ cup skim milk, and 1 tablespoon sunflower oil. For pancakes with added fiber, combine 1 cup mix, ¾ cup quick-cook-ing rolled oats, 2 eggs, and 1 cup milk. This makes about 10 pancakes.

GOLDEN BUTTERMILK PANCAKES

Makes 4 servings



2 cups unbleached flour
1 teaspoon baking powder
½ teaspoon baking soda
⅛ teaspoon salt
1 egg, beaten
1½–2 cups buttermilk
2 tablespoons vegetable oil

Combine flour, baking powder, baking soda, and salt in medium bowl. In small bowl, beat egg and add buttermilk and oil. Add liquid ingredients to flour mixture and stir just until combined.

Heat Large Skillet and brush lightly with unsalted butter or margarine or coat lightly with vegetable oil spray. Pour ¼ cup batter into pan with ladle to form each pancake. Cook pancakes until bottoms are brown and tops are bubbly. Turn and brown remaining side. Repeat with remaining batter without adding any additional oil or butter to pan. Serve pancakes with choice of toppings.

VARIATIONS: *Apple Pancakes:* Top pancakes with thin slices of unpeeled apple before turning. *Blueberry Pancakes:* Add 1 cup fresh blueberries and 1 tablespoon brown sugar to batter. *Corn Pancakes:* Fold in 1 cup whole-kernel corn. *Cornmeal Pancakes:* Use 1 cup cornmeal, 1 cup unbleached flour instead of 2 cups unbleached flour. *Oatmeal Pancakes:* Use ½ cup rolled oats, 1½ cups unbleached flour instead of 2 cups unbleached flour. *Raisin Pancakes:* Add ½ cup raisins to batter. *Whole Wheat Pancakes:* Use 1 cup whole wheat flour, 1 cup unbleached flour instead of 2 cups unbleached flour.

Omit salt.

POACHED EGGS

Makes 4 servings

2 cups water
4 eggs

Pour water into Large Skillet. Set poacher rack with four cups on top. Lightly coat inside of each cup with unsalted butter, margarine, or vegetable oil spray.

Cover pan with Nutri-Tone® Control open and set over medium heat. When tone sounds, remove cover and break 1 egg into each

cup. Reduce heat to low and cover with Control closed. Cook 3–5 minutes, until whites are firm. Remove cups and slide eggs onto toast or other food to be served.

VARIATIONS: Serve eggs on bed of split baked potatoes, hominy grits, or cooked, chopped spinach. Top with grated cheese or tomato sauce, or garnish with snipped fresh chives, dill, tarragon, or thyme.

FOOLPROOF OMELET

Makes 2 servings

With the Nutri-Tech® Food Preparation System, it's easy to make fluffy, attractive omelets.

3 eggs
1 tablespoon milk
Dash of salt
Dash of paprika
Unsalted butter, margarine, or vegetable oil spray

Place eggs in medium bowl. Beat with electric or hand-held mixer for 1 minute or until frothy. Add milk, salt, and paprika and beat just until combined.

Heat Small Skillet over medium heat until drops of water dance when sprinkled in pan. Add small amount of butter, margarine, or vegetable oil spray. When butter has melted, add egg mixture, cover with Nutri-Tone® Control closed, and cook over low heat, undisturbed, 8–9 minutes.

Remove lid. Fold omelet in half, cut into two portions, and serve.

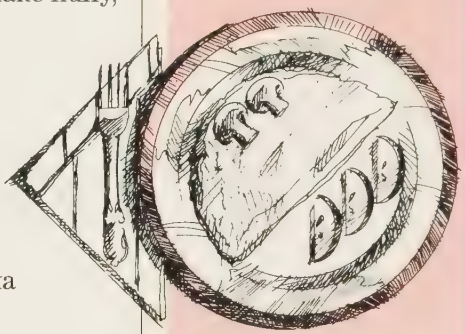
VARIATIONS: *Cheese Omelet:* Sprinkle ¼ cup shredded cheese over top of cooked omelet before folding and serving. *Herbed Omelet:* Beat 1 tablespoon minced fresh parsley and ½ teaspoon minced fresh basil (or ⅛ teaspoon dried) into eggs before cooking. *Mushroom Omelet:* Fold ⅓ cup cooked mushrooms into cooked omelet before serving. *Salsa Omelet:* Fold ⅓ cup Tomato Salsa (see page 28) into cooked omelet. *Sweet Lemon Omelet:* Omit milk and paprika, and beat 2 teaspoons honey, 1 teaspoon lemon juice, ½ teaspoon finely grated lemon rind, and ¼ teaspoon vanilla extract into eggs before cooking. *Vegetarian Vegetable Omelet:* Spread ⅓ cup stir-fried vegetable combination (see page 37) over omelet before folding and serving.

Omit salt.

OMELET MIX 'N' MATCH

Choose from a variety of fillings and/or toppings to make your omelets as plain or fancy as you choose.

Fillings: Cooked chicken, shredded or chopped; cooked, chopped spinach; cooked vegetables; creamed seafood; minced, fresh herbs; Tomato Salsa (see page 28); shredded cheese; stewed dried fruit.



Toppings: Chopped parsley; creamed soups; fruit sauce (see page 17); lemon or orange rind, finely grated; sautéed mushrooms; sliced, pitted ripe olives; tomato sauce.

OUTRAGEOUS OATMEAL

You can have an abundance of breakfast selections in the blink of an eye. Start with old-fashioned rolled oats instead of the quick-cooking variety, but don't stop there! Here are some quick additions and substitutions to add excitement:

- Substitute ¼ cup granola for the same amount of rolled oats before cooking.
- Use apple juice or cider in place of water in the pan.
- Add 1 tablespoon raisins, chopped dates, or chopped apricots.
- Spice it up with cinnamon, allspice, or nutmeg.
- Stir in ¼ cubed apple, pear, or banana after removing from heat.
- Grind nuts (walnuts, pecans, almonds) or seeds (sunflower, sesame, pumpkin); add to oats before cooking.
- Top with fresh fruit before serving.

HONEY-RAISIN OATMEAL

Makes 2 servings

1½ cups water
⅔ cup old-fashioned rolled oats
¼ cup raisins
2 teaspoons honey
½ teaspoon cinnamon (optional)
Skim milk

Place water, oats, and raisins in small Sauce Pan and cook over medium heat. Cover with Nutri-Tone® Control open. When tone sounds, reduce heat to low and close Control.

Cook 3–4 minutes. Open Control and let stand an additional 2–3 minutes, if desired, for thicker porridge. Stir in honey and cinnamon, if desired. Serve hot with skim milk to taste.

VARIATIONS: *Date and Walnut Oatmeal:* Eliminate raisins, honey, and cinnamon. Add 6 chopped, pitted dates, 1 tablespoon chopped walnuts, and 2 teaspoons maple syrup. Cook as above.

Omit honey.

APRICOT-RICE BREAKFAST CEREAL

Makes 4 servings

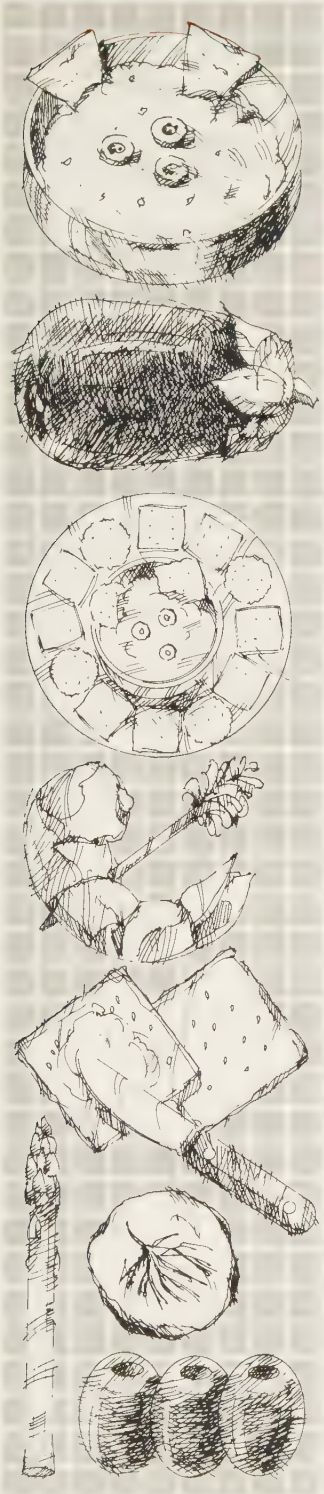
If you like, use a larger pan and double the recipe. Then you need only reheat on a busy morning.

1 cup apple juice
2 cups cooked, leftover brown rice
2 tablespoons chopped dried apricots
1 teaspoon maple syrup or honey
Skim milk

Stir apple juice, rice, and apricots together in medium Sauce Pan. Cover and place over medium heat with Nutri-Tone® Control open. When tone sounds, close Control and turn heat to low. Cook 15 minutes. Stir.

Serve hot with maple syrup or honey and skim milk to taste.

Omit maple syrup or honey; reduce apricots to 1 tablespoon.



APPETIZERS

What pops into mind when you hear the word "appetizer"? If you envision salty snacks and calorie-laden dips, you're not alone. Trouble is, those kinds of "appetizers" do more to ruin than whet your appetite for the nutritious meal to follow.

After browsing through the recipes here, however, you'll see that appetizers need not be a hiding place for fat and salt. You'll find that you can enhance your healthy lifestyle with the well-chosen selections in these pages. Any appetizer you select should possess the good traits you've learned to expect at your table: low in fat and salt, and rich in fiber, vitamins, and minerals.

When choosing an appetizer before dinner, don't choose a food that will be repeated later in the meal: for example, Dill-Marinated Shrimp followed by a shrimp and pasta main course. At parties, when setting out a selection of hors d'oeuvres, allow for a variety of guests' tastes. If you are serving spicy appetizers, serve some mild-flavored ones as well. Also, choose only one or two hot appetizers, and serve the rest chilled or at room temperature. It will minimize your time in the kitchen once guests have arrived.

Try the Party-Perfect Antipasto, an elegant variation without the fatty meats or salty anchovies. Or, for south-of-the-border flair, select the Tomato Salsa with some homemade fat- and salt-free tortilla chips. Stuffed Mushrooms Florentine will impress guests with your culinary skill–and only you will know they took just minutes to prepare.

More than just "munchies", these appetizers are nutritional stars, whether you're setting the tone for dinner or arranging a party feast for friends. You'll be applauded for your ingenuity and your health-conscious good sense as well.

MUSHROOMS: HEALTHFUL MENU ADDITION

Besides being tasty, mushrooms are a good source of the trace mineral selenium, which may have an important protective effect on the heart and may be a cancer preventive, as well.

Mushrooms absorb water like a sponge, so they should not be left in water when cleaning them. Since purchased mushrooms are grown in a sterile medium, they need little cleaning. Use a soft mushroom brush or a slightly dampened paper towel to brush off traces of dirt clinging to the caps and stems. If you must wash them, rinse them quickly, then drain immediately and dry them on a kitchen towel.

In addition to being "stuffed" as an appetizer, mushrooms can be added to soups and stews, chilies, and meat and poultry dishes, and cooked with rice or eaten raw in salads.

MUSHROOMS FLORENTINE

Makes 12–15 servings

12–15 large mushrooms
2 teaspoons unsalted butter or margarine
1 tablespoon grated onion
1 clove garlic, minced or pushed through a press
2 tablespoons chopped parsley
½ cup cooked, chopped spinach
¼ cup shredded Cheddar cheese
1 teaspoon soy sauce
Dash of grated nutmeg
Freshly grated Parmesan cheese

Twist stems and remove from mushroom caps. Wipe caps and stems with a damp cloth, then chop stems. Place butter in small Sauce Pan, and when melted, add chopped stems, grated onion, garlic, and parsley. Stir and cover pan with Nutri-Tone® Control open. Set over medium heat. When tone sounds, close Control, turn heat to low, and cook 2 minutes.

Remove lid; add spinach and cheese. Stir to combine and heat through. Remove from heat. Stuff a large spoonful of spinach mixture into each mushroom cap. Arrange caps in Large Skillet. Add soy sauce to pan and cover with Control open. Set over medium heat. When tone sounds, close Control and turn heat to low. Cook mushrooms 4–5 minutes. Dust tops with nutmeg and Parmesan cheese before serving.

Serve hot as appetizers, use to garnish meat dishes, or serve three per person as an entrée.

Substitute farmer cheese or low-fat cottage cheese for Cheddar; use diet margarine.

SPICY CHICKEN WINGS

Makes 8–10 servings

2 pounds chicken winglets
1 teaspoon minced fresh or ½ teaspoon ground ginger
½ teaspoon minced garlic
⅓ cup pineapple juice
¼ cup water
¼ cup soy sauce
⅛ teaspoon cayenne pepper

If using whole wings, cut wings at both joints and save pointy ends for stock. Place winglets in Large Skillet. Combine remaining ingredients for marinade and pour over chicken. Cover and refrigerate 24 hours or more

Drain off all but ¼ cup marinade. Set over medium heat and cover with Nutri-Tone® Control open. When tone sounds, close Control and turn heat to low. Cook 1 hour.

Remove from stove and serve hot.

Use low-sodium soy sauce and reduce amount to 2 tablespoons.

DILL-MARINATED SHRIMP

Makes 6 servings

Prepare a day or two in advance and marinate in the refrigerator to allow flavors to blend.

¾ pound medium shrimp, peeled and deveined (see page 86)
1 tablespoon water
2 lemon slices
1 bay leaf
1 cup rice wine vinegar
¼ cup minced fresh dill
2 scallions, thinly sliced
1 small stalk celery, thinly sliced
1 head red leaf lettuce
Whole scallions
Lemon wedges

Place shrimp, water, lemon slices (lightly squeezed), and bay leaf in Sauce Pan. Cover and place over medium heat with Nutri-Tone® Control open. When tone sounds, close Control and reduce heat to low.

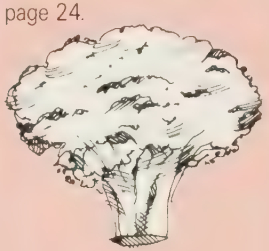
Cook shrimp 3 minutes. Remove lemon slices and bay leaf and cool to room temperature. Stir in vinegar, dill, sliced scallions, and celery. Cover and refrigerate at least 24 hours, stirring once.

Arrange lettuce on serving platter; top with shrimp. Garnish with whole scallions and lemon wedges.

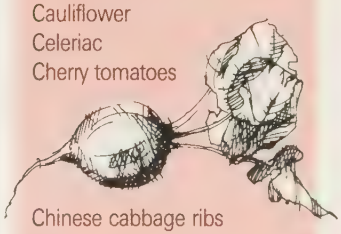
VARIATIONS: Substitute ⅓ cup cider or white vinegar and ⅔ cup water for rice wine vinegar. One tablespoon dried dill can be substituted for fresh dill, but the dish will not be quite as tasty.

CRUDITÉS

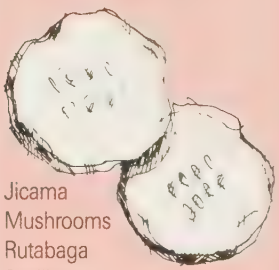
When you're thinking of appetizers, don't forget the simplest and most healthful – raw vegetables. Expand your horizons beyond carrot and celery sticks. Try some of these vegetables, cut in interesting shapes. Serve alone, or with a dip, such as the Bean Dip on page 24.



Asparagus spears
Bell pepper strips
Broccoli florets
Cauliflower
Celeriac
Cherry tomatoes



Chinese cabbage ribs
Cucumbers
Daikon radishes
Fennel bulbs
Green beans
Icicle radishes
Jerusalem artichokes



Jicama
Mushrooms
Rutabaga
Scallions
Sugar snap peas
Yellow squash
Zucchini

GUACAMOLE

This avocado dip, traditional with Mexican foods, is high in vitamin C. It can be served with salsa (see Tomato Salsa on page 28) and chips as an appetizer.

Peel 2 avocados, remove pits, and chop avocados coarsely. Place in blender or food processor with ¼ cup lemon juice, ¼ cup sour cream or mayonnaise, ¼ cup low-fat plain yogurt, 2 cloves garlic pushed through a garlic press, ¼ cup chopped onion, ⅛ teaspoon ground cumin, ⅛ teaspoon ground coriander, and a dash of ground cayenne pepper.

Process on low to medium speed until smooth, scraping down the sides of the container as necessary. Spoon blended mixture into serving dish. If desired, cover and chill before serving, placing an avocado pit in center of dip to keep dip from discoloring. Stir before serving, garnishing with fresh coriander or parsley.

BEAN DIP

Makes 8–12 servings

1½ cups cooked pinto or kidney beans (see table on page 30)
½ cup bean cooking liquid
1 medium, ripe tomato, stem removed
1 small, fresh, hot pepper, stem removed
1 teaspoon cumin powder
¼ teaspoon salt
1 clove garlic, minced or pushed through a press
¼ cup grated sharp Cheddar cheese
2 scallions, thinly sliced on diagonal
Taco chips

Place beans and bean cooking liquid in large Sauce Pan and mash. Combine tomato, pepper, cumin, and salt in blender and process on medium speed until smooth. Stir tomato mixture into beans and add garlic.

Set pan over medium heat and cover with Nutri-Tone® Control open. When tone sounds, close Control, turn heat to low, and cook 5 minutes to combine flavors. Remove from heat and allow to cool to room temperature. Stir dip and spoon into shallow serving bowl. Top with cheese in center and sliced scallions around edge of bowl. Serve with taco chips.

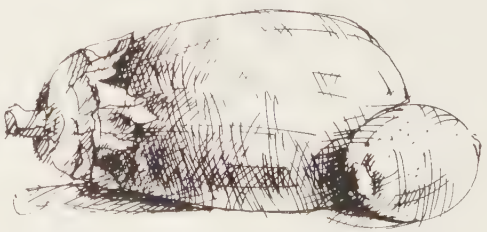
Omit salt; substitute farmer cheese for Cheddar.

EGGPLANT DIP

Makes 15–20 servings

Original Middle Eastern recipes for "baba ghannouj" call for the eggplant to be thrust with a sword and cooked over an open fire. Our version also yields a desirable smoky flavor.

1 large eggplant
2 cloves garlic
1 teaspoon water
¼ cup olive oil
1 cup fresh parsley
¼ cup walnuts
2 tablespoons lemon juice



Cut stem end off eggplant and cut eggplant in half lengthwise. Place unpeeled in Large Skillet, skin side down. Place one clove of garlic, without removing peel, on top of each eggplant half. Do not let garlic touch pan. Add 1 teaspoon water to bottom of pan.

Set pan over medium heat and cover with Nutri-Tone® Control

open. When tone sounds, turn heat to low and close Control. Cook eggplant over low heat for 30 minutes. Remove pan from heat and cool slightly.

Place oil, parsley, walnuts, and lemon juice in blender or food processor and process until smooth. Remove garlic from pan and squeeze each clove of cooked garlic into blender. Scoop out eggplant pulp from the skin and add to blender. Process until smooth.

Serve with pita bread cut into triangles.

CHICKEN LIVER PÂTÉ

Makes 12–15 servings

1 medium onion, chopped
¾ pound chicken livers, halved
1 clove garlic, halved
¼ teaspoon dried thyme
¼ teaspoon freshly ground pepper
Dash of salt
1 hard-cooked egg, finely chopped
1 tablespoon minced scallions (white only)
¼ teaspoon freshly grated nutmeg
¼ teaspoon sherry extract (optional)

Place chopped onion in Small Skillet or Sauce Pan. Spread chicken livers over onions in one layer. Add garlic, thyme, pepper, and salt.

Set pan over medium heat and cover with Nutri-Tone® Control open. When tone sounds, close Control and turn heat to low. Cook livers 8–10 minutes, or just until done. Remove pan from heat, uncover, and let livers cool slightly.

Blend all but 3 or 4 of the livers by dropping into blender through opening in blender lid. Have blender running at high speed. Add onions and liquid from pan. Remove pâté from blender and place in bowl. Chop remaining livers and stir, along with finely chopped egg, into pâté.

Stir in minced scallions and nutmeg and flavor with sherry extract, if desired. Chill pâté in bowl several hours or overnight to meld flavors. Mound onto serving plate. Garnish with minced fresh parsley and serve with party rye bread or whole-grain crackers.

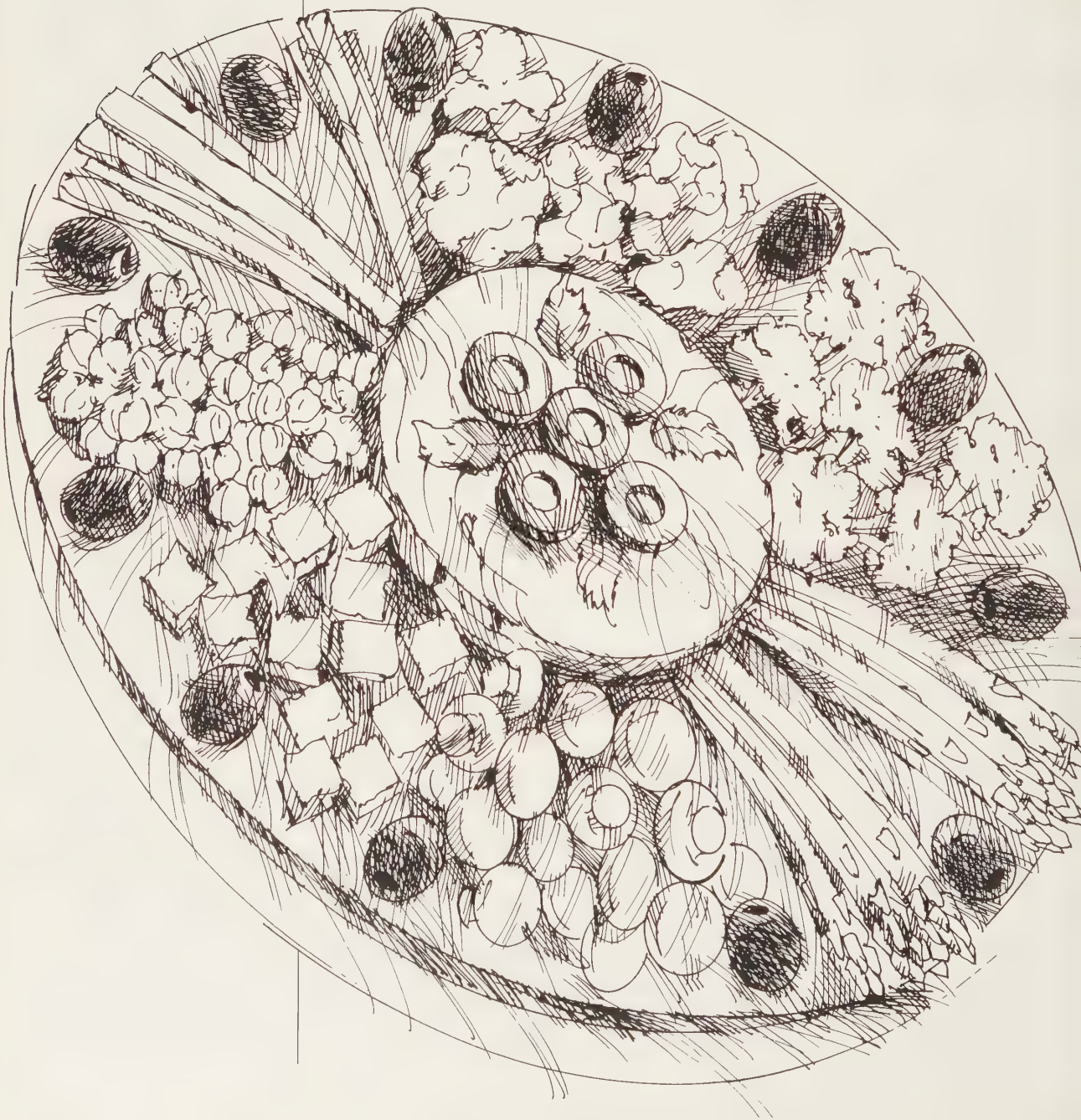
HOMEMADE CHILI SEASONING

Make your own flavorful blend to give special character to your Mexican meals. Combine 3 tablespoons pure, ground chili pepper, 1½ tablespoons ground cumin, 1 teaspoon dried oregano, ½ teaspoon ground cayenne pepper, ½ teaspoon rubbed sage, and ½ teaspoon ground allspice. Store in a covered jar in a cool, dry place. Makes about ¼ cup.

PARTY-PERFECT ANTIPASTO

Makes 8 servings

An Italian-style hors d'oeuvre, this healthful rendition relies on a wealth of fresh vegetables for flair.



1 cup green beans
¼ small head cauliflower
3 large stalks broccoli
12 asparagus spears
16 small mushrooms
2 slices onion
1 clove garlic, cut in half
1 cup cooked chick-peas or kidney beans, drained
1 6½-oz.can white albacore tuna in water, drained
16 black olives
2 cups cubed low-fat mozzarella cheese

MARINADE

½ cup olive oil
3 tablespoons red wine vinegar
½ teaspoon dried oregano
¼ teaspoon mustard powder
⅛ teaspoon salt
⅛ teaspoon freshly ground pepper
⅛ teaspoon paprika

Leave green beans whole; remove stem ends. Break cauliflower into florets. Trim stems from broccoli (save for soup) and separate broccoli heads into florets.

Use a vegetable peeler to remove scales from asparagus stalks. Clean mushrooms by removing any loose soil; trim stems.

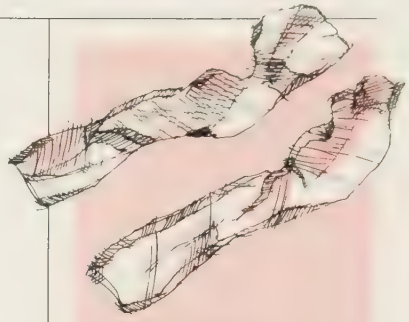
Place beans, cauliflower, broccoli, asparagus, and mushrooms in large Sauce Pan. Rinse briefly, drain, and place over medium heat. Cover with Nutri-Tone® Control open; when tone sounds, reduce heat to low and close Control. Cook 3–4 minutes, until vegetables are crisp-tender. (They will continue to cook slightly while marinating.)

While vegetables are cooking, prepare marinade by mixing all ingredients in a medium bowl. Pour ⅓ of the marinade, with 1 onion slice and ½ clove garlic, over kidney beans or chick-peas; cover and chill.

When vegetables are ready, without draining off liquids released in cooking, add remaining marinade, onion slice, and ½ clove garlic. Cover and chill before serving.

To serve, open tuna and drain well. Remove lid. Open bottom of tuna can, invert over a round platter, and push tuna out in one piece. Arrange vegetables, kidney beans or chick-peas, olives, and cheese on the platter around the tuna, grouping the individual vegetables and creating a colorful design.

Select low-sodium cheese, eliminate salt from marinade rinse olives to remove excess salt.



PRESERVED AND SMOKED MEATS

Pepperoni, bacon, sausage, hot dogs. What do these meats have in common? Besides being quite high in fat, they contain nitrates or nitrites, preservatives that may cause cancer. Smoked meats are also suspect.

In addition to containing saturated fats and preservatives, bacon, sausage, and hot dogs are often cooked at high temperatures, which increases the production of nitrosamines, chemicals suspected of causing cancer. (Similarly, burned foods develop potential cancer-causing compounds and should also be avoided.) By avoiding these preserved and smoked meats and selecting alternatives such as low-fat Turkey Sausage with Fennel Seed (see page 75) or the Party-Perfect Antipasto in this chapter, you will be making positive steps toward your healthful new way of eating.

NO-FAT CORN CHIPS

Most commercial corn chips are drenched in fat and coated in salt. To make your own no-fat, no-salt chips, begin with plain, uncooked corn tortillas. (You can make your own or buy them ready-packaged at the supermarket.)

Cut tortillas into quarters or eighths. Spread tortilla pieces in one layer on baking sheet. Place in a 350°F oven, on bottom rack, for about 15–20 minutes or until chips are crisp.

Low-Fat Corn Chips: Before cutting, brush tortillas lightly with the smallest amount of oil. Cut and bake as above, placing brushed-side-up on baking sheet.

TOMATO SALSA

Makes 4½–5 cups

1 clove garlic, halved
1 hot red chili pepper, halved and seeded
1 medium onion, quartered
6 cups quartered tomatoes (about 4–5 whole)
2 tablespoons minced, fresh coriander leaves

Place garlic, pepper, and onion in blender or food processor with ½ cup of tomatoes. Process on medium speed.

Add remaining tomatoes. Process until mixture is combined. Place blended salsa in small Sauce Pan. Cover with Nutri-Tone® Control open and set over medium heat. When tone sounds, close Control and turn heat to low. Cook 2 minutes. Remove from heat and stir in coriander. Allow to cool before serving with taco chips.

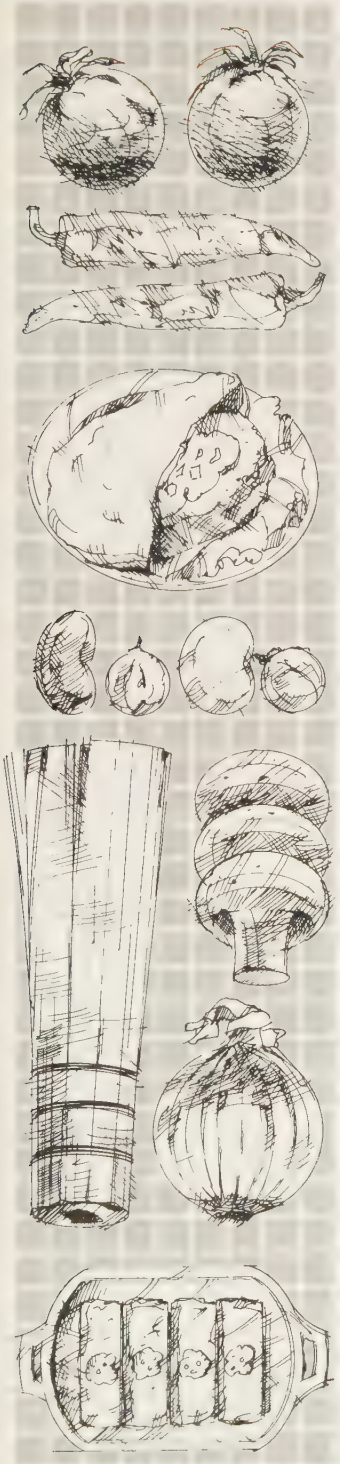
STUFFED TINY RED POTATOES

Makes 12–24 servings

24 tiny new red potatoes
⅓ cup plain, low-fat yogurt
¼ cup sour cream
2 tablespoons minced fresh chives
Dash of freshly ground black pepper
24 2-inch pieces of fresh chives
1 bunch parsley, garnish

Select small potatoes, each about "two-bite" size. Scrub potatoes; do not peel. Rinse potatoes and place in large Sauce Pan. Cover with Nutri-Tone® Control open and cook over medium high heat. When tone sounds, turn heat to lowest setting and close Control. Cook until potatoes are quite tender, about 10–12 minutes. Cool to room temperature.

Place potatoes on work surface so they lie flat, and use a knife to partially hollow out top of each potato. Just before serving, combine yogurt, sour cream, chives, and black pepper, and place small spoonful of mixture in each potato. To garnish, tie each chive in a loose knot and place atop the yogurt and sour cream mixture. Arrange parsley on serving platter, then place potatoes on bed of parsley.



VEGETARIAN MAIN DISHES

Through the centuries, societies all over the world have developed unique vegetarian dishes. Meat was scarce for many people, and grain or bean dishes offered sustenance. Today, when families are consciously cutting back on meats and saturated fats, vegetarian dishes offer a nutritious alternative.

Fortunately, we can draw on a wealth of culinary traditions. From the Far East to the Mediterranean and from the Near East to Mexico, societies have yielded taste-tempting dishes. The fact that these dishes are generally low in fat, high in nutrients and fiber, and contain a balanced amount of protein to protect our health is a welcome bonus!

You can see that protein doesn't mean steak and eggs. Where, then, does all that protein come from? Most foods, even vegetables, have some amount of protein. But the protein in vegetables is not "complete"; that is, it does not have all the protein building blocks (amino acids) found in meat or eggs. By combining foods that contain some of the necessary amino acids with other foods that contain complementary amino acids, you can "build" a protein-rich meal without meat.

Ethnic cuisines abound with vegetarian complementary proteins–though the dishes were probably developed because the combinations tasted great! Mexican beans with corn tortillas, Nepalese "dal bhat" (a lentil stew served over rice), Chinese stir-fry with tofu (bean curd) on rice, and peanut butter on whole-wheat bread are four examples.

COOKING DRIED BEANS AND LEGUMES

Remove any damaged beans. Rinse, and if beans must be soaked, place in correct size pan and add enough water to generously cover. (Most beans will double in bulk with soaking.) Allow beans to soak 6 to 8 hours, or overnight. For Quick Soak Method, place rinsed beans in pan and cover generously with water. Cover with Nutri-Tone® Control open and cook over medium heat. When tone sounds, close Control and turn heat to low for 1 to 2 minutes. Turn off heat, and let beans stand for one hour to expand.

When soaking is completed, drain beans and refill pan with enough water to cover them. Cover pan with Control open and cook over medium heat. When tone sounds, close Control, reduce heat to low, and cook according to the table.

TYPE OF DRIED BEAN	SOAKING TIME	COOKING TIME
Black Beans	Overnight or Quick Soak Method	1½ hours
Chick-Peas	Overnight or Quick Soak Method	3 hours
Kidney Beans	Overnight or Quick Soak Method	1½ hours
Lentils	None	45 minutes
Lima Beans	Overnight or Quick Soak Method	1½ hours
Navy Beans	None	1½ hours
Pinto Beans	Overnight or Quick Soak Method	30 minutes
Soybeans	Overnight or Quick Soak Method	3 or more hours
Split Peas	None	1 hour

The following foods offer complete protein when combined: beans and milk products (bean tacos with shredded cheese, for example); beans and seeds (the traditional Middle-Eastern dip Humus Tahini, made with chick-peas and sesame seeds); grains and beans (bean dip with whole-grain crackers or corn chips); and grains and milk products (oatmeal with milk or rye bread with cheese are two examples).

You can explore a world of exciting vegetarian dishes in the pages that follow. From Indonesia, sample Spicy Tofu in a luscious peanut sauce; Cuba offers a spicy, festive blend of hot peppers, garlic, and tomatoes flavoring black beans served over rice; a Middle Eastern meatless burger, falafel, can be served in pita pocket bread; or create your own combination of favorite vegetables in a Chinese stir-fry with tofu.

You might want to prepare a selection of cooked beans to have on hand for meatless meals. Cooked ac-cording to the table at left, beans can be frozen in airtight containers until needed.

SPAGHETTI SQUASH CARNIVALE

Makes 6 servings

1 2-pound spaghetti squash
2 tablespoons olive oil
1 medium onion, halved lengthwise, then cut in thin strips
1 green bell pepper, cut in 2-inch strips
1 sweet red pepper, cut in 2-inch strips
2 small zucchini, thinly sliced on diagonal
1 cup loosely packed, chopped fresh spinach
¼ cup chopped fresh basil leaves
2 tablespoons minced fresh parsley
1 cup cooked chick-peas
1 cup tomato sauce
Dash of freshly ground black pepper
¼ cup freshly grated Parmesan cheese

Place spaghetti squash in large Sauce Pan with 2 cups water. Cover with Nutri-Tone® Control open and cook over medium heat. When tone sounds, close Control and turn heat to low. Cook 45 minutes.

While squash is cooking, heat Large Skillet over medium heat. When drops of water dance when sprinkled in pan, add 1 tablespoon oil. When oil is hot, add onion and stir until translucent, about 3–4 minutes. Remove to plate. Add remaining oil and stir-fry green and red peppers until crisp-tender, about 3–4 minutes.

Return onions to Skillet and add zucchini, spinach, basil, and parsley. Stir until spinach is wilted. Add chick-peas, tomato sauce, and pepper; stir and cover with Control open. When tone sounds, close Control and turn heat to low. Cook 5 minutes. Remove from heat and open Control.

When squash is done, cut in half lengthwise, using a serrated knife and holding squash with potholder. Scoop out seeds. Gently pull out strands of spaghetti squash and mound in warmed serving dish. Serve vegetables in separate bowl, to be spooned over spaghetti squash and topped with a sprinkling of Parmesan cheese.

STORING, COOKING, AND USING LEGUMES

Store uncooked, dried beans in a jar with a tight-fitting lid and keep in a cool, dry place. Add a couple of bay leaves to the jar to discourage insects. Beans will keep for months if properly stored.

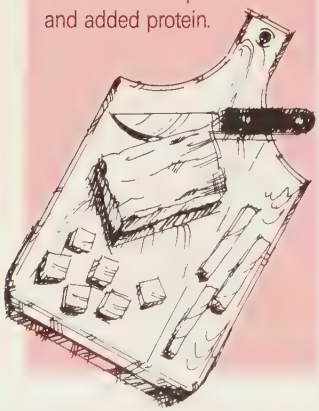
Because cooking beans takes time, prepare double the amount needed and freeze in containers. Cooked beans can be marinated in salad dressing in a jar in the refrigerator, ready to be added to salads or antipasto. Leftover beans can be added to stuffings for peppers or cabbage, or added to meatloaf.

If eating beans leaves you uncomfortable, try the following preparation method: Generously cover beans with cold water and allow to soak 3 hours or overnight. Discard the soaking water, place beans in large Sauce Pan, and cover with fresh water. Cover with Nutri-Tone® Control open and cook over medium heat until tone sounds. Turn heat to low and close Control. Cook 30 minutes, then discard cooking water. Add fresh water. Cook over medium heat with Control open and when tone sounds, close Control, turn heat to low, and continue cooking beans until done. A small amount of nutrients will be lost, but the oligosaccharides, which cause flatulence (gas), will be reduced as well.

TOFU TIPS

Tofu, also called bean curd, is a custardlike product derived from soy milk. Tofu is usually purchased in a container with water, which should be drained off before the tofu is used. Cover leftover tofu with water and refrigerate in a tightly covered container. It will remain fresh for about one week. Tofu can also be frozen, which will change the texture from custardy to chewy and almost meatlike.

Because tofu has such a bland flavor, it blends well with many foods and seasonings. It can be cubed or sliced and stir-fried with any combination of vegetables or added to soups for texture and added protein.



EGGS FLORENTINE

Makes 1 serving

½ teaspoon unsalted butter or margarine
1 cup loosely packed, chopped fresh spinach
2 eggs
1 additional egg white
1 tablespoon skim milk
1 teaspoon minced fresh dillweed or basil
1 tablespoon low-fat cottage cheese

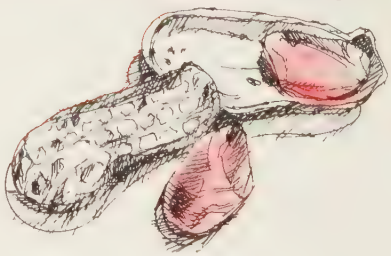
Melt butter in Small Skillet over medium heat. Add spinach and cover with Nutri-Tone® Control open. When tone sounds, turn heat to low and close Control. Cook 1 minute, just until spinach is wilted.

Meanwhile, beat eggs and egg white with fork in small bowl and beat in milk. Pour eggs over spinach, add dill or basil, and stir occasionally with wooden spoon over medium heat until eggs are almost cooked through. Gently fold in cottage cheese when eggs are done. Serve with whole-grain muffin or toast. Garnish plate with dill or basil sprigs and cherry tomatoes.

VARIATION: Substitute 1 tablespoon finely crumbled feta cheese for cottage cheese. Eliminate herbs if fresh are not available.

SPICY TOFU IN INDONESIAN PEANUT SAUCE

Makes 6 servings



1 tablespoon sunflower oil
2 tablespoons minced fresh gingerroot
3 cloves garlic, minced
2 hot green chili peppers, seeded and minced (see "Caution–Hot Peppers Ahead," at right)
1 cup thinly sliced scallions
2 cups water
1 cup thinly sliced sweet red pepper, cut in 2-inch lengths
⅔ cup chunky natural peanut butter
1 tablespoon lemon juice
1 tablespoon soy sauce
1 tablespoon packed brown sugar
1 pound tofu, cubed
¼–½ teaspoon crushed dried hot chili peppers (optional)

Heat large Sauce Pan over medium heat until drops of water dance when sprinkled in pan. Add oil, and when hot, add minced gingerroot, garlic, and chili peppers to pan and stir with wooden spoon until lightly browned, about 5 minutes. Add sliced scallions and stir another 1–2 minutes until scallions are limp.

Add water and stir, loosening any bits of seasonings from bottom of pan. Add sweet peppers, peanut butter, lemon juice, soy sauce, and brown sugar. Stir over medium heat until sauce thickens and begins to simmer. Stir in cubed tofu. Cover pan with Nutri-Tone® Control closed and reduce heat to low. Cook 10 minutes, or just until peppers are tender. Stir and check for flavor. If a spicier dish is desired, add crushed hot chili peppers. Serve over rice.

NOTE: Spicy Tofu is even more flavorful when refrigerated overnight and reheated.

MEDITERRANEAN NAVY BEANS

Makes 4 servings

Serve hot, over rice, or chill and eat as a summer main dish salad.

1 cup navy beans
3¼ cups water
1 carrot, sliced on diagonal
1 celery stalk, sliced on diagonal
1 onion, cut lengthwise and sliced
¾ teaspoon dried oregano
1 teaspoon olive oil
¼ teaspoon salt
⅛ teaspoon paprika
1 bay leaf

Place beans and water in large Sauce Pan. Cover with Nutri-Tone® Control open and cook over medium heat. When tone sounds, close Control and turn heat to low. Cook 1¼ hours.

Add carrot, celery, onion, oregano, oil, salt, paprika, and bay leaf, stirring to combine with beans. Cover pan with Control open and return to medium heat. When tone sounds, close Control and turn heat to low. Cook 30 minutes. Remove bay leaf before serving.

CAUTION – HOT PEPPERS AHEAD

Spicy cousins to the mild bell peppers, hot chili peppers require special handling. Their volatile oils may make your skin tingle and your eyes burn. Wear rubber or disposable gloves, if possible, and be careful not to touch your face or eyes while working with chilies.

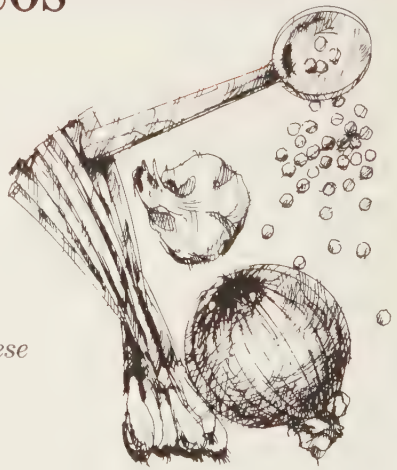
To prepare chili peppers, rinse under cold running water. Cut off stem end, then cut in half lengthwise. Use knife to remove seeds, if desired. (The seeds are the hottest part of the chilies.) Mince, or prepare according to recipe.

After completing preparations with the hot peppers, wash hands thoroughly with warm water and soap.

▲ **Richly garnished with shredded lettuce, tomatoes, scallions, diced avocado, and grated cheese and drizzled with salsa, Savory Lentil Tacos make a meal-in-one. Let each guest assemble the toppings liked best.**

SAVORY LENTIL TACOS

Makes 4 servings



½ cup dried lentils
1 small onion, minced
2 cloves garlic, minced
1¾ cups water
1½ teaspoons chili powder
¼ teaspoon ground cumin
¼ cup tomato paste
1 teaspoon unsulfured molasses
8 taco shells
½ cup shredded sharp Cheddar cheese
1 cup shredded lettuce
½ cup thinly sliced scallions
1 cup Tomato Salsa (see page 28)

Place lentils, onion, garlic, and water in large Sauce Pan, cover with Nutri-Tone® Control open, and set over medium heat. When tone sounds, turn heat to low and close Control. Cook 25 minutes.

Stir in chili powder, cumin, tomato paste, and molasses; cover with Control open and cook over medium heat. Close Control when

tone sounds and turn heat to low. Cook 20 minutes more, or until lentils are tender, but not mushy.

Spoon 3–4 tablespoons of the lentil mixture into each taco shell. Top with some cheese, lettuce, scallions, and salsa.

Substitute low-fat farmers cheese for Cheddar.

CUBAN BLACK BEANS AND RICE

Makes 8 servings

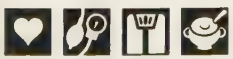
1½ cups black beans
3 cups water
2 hot green or red chili peppers, halved and seeded (see "Caution – Hot Peppers Ahead," page 33)
2 cloves garlic
1 sweet red pepper, quartered and seeded
1 tomato, chopped
1 large onion, quartered
2 bay leaves
2 tablespoons soy sauce
2 tablespoons olive oil
2 tablespoons vinegar
8 cups cooked rice
4 tomatoes, cut into wedges
2 scallions, thinly sliced on diagonal
2 tablespoons minced fresh parsley

Soak beans overnight (see table on page 30) and drain. Place in large Sauce Pan.

Place ½ cup water in blender or food processor and add hot peppers, garlic, red pepper, tomato, and onion. Process on medium speed until smooth.

Add remaining 2½ cups water, bay leaves, and blended mixture to beans and set over medium heat, covered, with Nutri-Tone® Control open. When tone sounds, reduce heat to low and close Control. Cook 1½ hours. Remove bay leaves and stir in soy sauce, oil, and vinegar.

To serve, spread rice on serving platter. Spoon beans over rice. Arrange tomatoes around outside of platter and top tomatoes with scallions. Sprinkle beans with parsley.



YOGURT: HAVE IT YOUR WAY

Save money and enjoy the benefit of healthful yogurt by making your own, the Carico way, at home. There's no need for expensive yogurt-makers or additional equipment. Just place 3 cups of milk (whole, 1%, 2%, or skim) in the small Sauce Pan and set over medium heat. Scald the milk by heating until small bubbles appear around the edges of the pan. Do not let the milk boil. Remove from heat immediately.

Allow the milk to cool slightly, until it feels quite warm, but not hot, to the touch (about 100°F). Stir in ½ cup of plain yogurt with live cultures. (Use commercial plain yogurt each time for a "starter.") Cover Sauce Pan with Nutri-Tone® Control closed and wrap pan well in several layers of kitchen towels. Set in warm, draft-free spot and do not disturb yogurt until it has set, about 8 hours. Store yogurt in refrigerator.

Flavor the yogurt as you like it. Vanilla: add ½ teaspoon vanilla extract and 2 teaspoons maple syrup per cup of plain yogurt; Lemon: add 2 teaspoons maple syrup and ⅛ teaspoon lemon extract per cup; Strawberry: thaw 1 cup frozen strawberries, mash in small bowl, add 1 tablespoon maple syrup and 1 drop vanilla extract per cup of plain yogurt.

THE ART OF STIR-FRYING

In China, where fuel supplies are scarce, cooking foods quickly has always been a priority. Meats, vegetables, and other ingredients are carefully cut into small pieces or thin slices so they cook in only three to five minutes.

To stir-fry, heat Large Skillet over medium-high heat until drops of water dance when sprinkled in pan. Then add one to two tablespoons of oil.

Add vegetables and cook, tossing them quickly and constantly until they are crisp-tender. The hot oil and quick cooking will seal in fresh flavor, juices, and valuable nutrients.

When stir-frying a mixture of vegetables, place longer-cooking vegetables in Skillet and partially cook before adding more tender, quick-cooking ones. For slightly softer, rather than crisp-tender, vegetables, cover the pan for the final minutes of cooking over low heat until vegetables are tender.

GARDEN TORTILLAS

Makes 4 servings

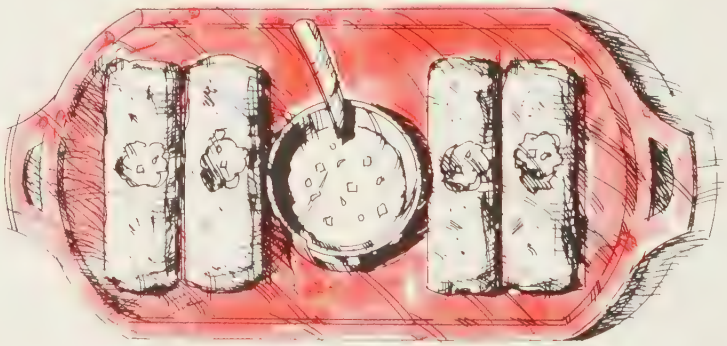
Fresh vegetables make all the difference in this stuffed tortilla bulging with healthy goodness.

½ cup sliced mushrooms
½ cup chopped broccoli florets
¼ cup chopped scallions
1 cup loosely packed, chopped fresh spinach
½ cup chopped tomatoes
½ cup diced zucchini
½ cup diced green peppers
4 flour tortillas
1 cup shredded sharp Cheddar cheese
¾ cup Tomato Salsa (see page 28)

Place vegetables in Sauce Pan; rinse and drain. Cover with Nutri-Tone® Control open and cook over medium heat. When tone sounds, close Control and turn heat to low. Cook 2–3 minutes and remove from heat, opening Control.

Heat Small Skillet until drops of water dance when sprinkled in pan. Place one flour tortilla at a time in pan just long enough to heat on each side. Tortillas should not become crisp. Keep warm.

To assemble tortillas, sprinkle each with ¼ cup cheese. Arrange one-fourth of the vegetable mixture down the center of each tortilla. Fold two sides of the tortilla over filling and place seam-side down on platter. Spoon salsa over tortillas before serving.



VARIATION: *Garden Vegetable Pita Sandwich:* Omit tortillas. Cut four pita pocket breads in half. Open each half and sprinkle with one tablespoon shredded cheese. Add hot vegetables, divided between the pita halves. Sprinkle remaining cheese over hot vegetables and serve, allowing two halves per person.

Omit cheese, or use small amount of low-fat cheese for flavor.

CHINESE VEGETABLE STIR-FRY

Makes 4 servings

You can adapt this recipe according to your personal taste or to what's on hand.

2 tablespoons sunflower oil
1 onion, halved top to bottom and sliced
1 green or red pepper, cubed
2 celery sticks, sliced on diagonal
½ teaspoon minced fresh gingerroot
2 cloves garlic, thinly sliced
Additional vegetables (see listing below)
¼ cup vegetable stock or water
2 teaspoons soy sauce
1 cup cubed tofu

ADDITIONAL VEGETABLES

Add an additional 2 cups in any combination (longer-cooking vegetables are listed first):

sliced fresh green beans
thinly sliced carrots
sliced mushrooms (limit to ⅓ cup)
broccoli florets
cauliflower florets
thinly sliced zucchini
snow peas
fresh or frozen peas
cabbage
Chinese bean sprouts
fresh asparagus

Heat Large Skillet until drops of water dance when sprinkled in pan. Add oil, and when hot, add onion, green pepper, celery, gingerroot, and garlic and cook over medium heat 5 minutes, stirring constantly. Add longer-cooking vegetables first, stirring for a few minutes between additions.

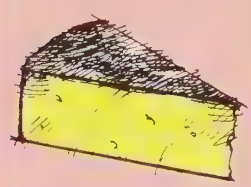
Add vegetable stock or water and soy sauce, stir cubed tofu into vegetables, and cover with Nutri-Tone® Control closed. Steam 3–4 minutes, or just until tofu is heated through. Vegetables should be crisp-tender. Serve over cooked rice.

VARIATION: *Spicy Chinese Stir-Fry:* Increase gingerroot to 1 teaspoon and garlic to 3 to 4 cloves. Add ½ fresh hot pepper, minced (see "Caution – Hot Peppers Ahead," page 33) or add ground cayenne pepper to taste when adding gingerroot.

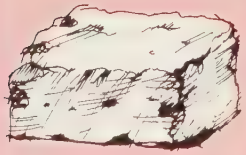
▲ Select the vegetables you like best (or have on hand) for your own unique Chinese Vegetable Stir-Fry. Here, broccoli, onion, and tofu are assembled; the stir-fry is served over rice.

THE WORLD OF CHEESES

Some cheeses are made from goat's or sheep's milk; others from the milk of cows or, less commonly, buffaloes. Here's a description of a variety of cheeses and their uses:



CHEDDAR: A hard cheese, ranging in color from creamy white to deep yellow, Cheddar is made from whole cow's milk. Because of its relatively high sodium and fat content, it should be used rather sparingly. This cheese originated in England.



FETA: Made from the milk of ewes or goats, feta is a cheese traditionally found in the mountains of Greece. In the United States, less flavorful versions are made from cows' milk, but imported feta is available. Relatively high in sodium, feta should be used in small quantities for flavoring dishes.

▶ ▶ ▶

POLENTA WITH CHEESE

Makes 6 servings

Serve ratatouille (see below), a vegetable combination popular in the south of France, over polenta for a delicious and unique vegetarian main dish.

1 cup stone-ground yellow cornmeal
3½ cups cold water
1½ cups shredded Cheddar cheese

Place cornmeal in Sauce Pan and stir with 1 cup cold water until combined. Add remaining water and stir until smooth. Set pan over medium heat and, stirring constantly, bring mixture to a boil.

When polenta has thickened, place cover on pan with Nutri-Tone® Control closed. Turn heat to low. Cook polenta 15–20 minutes, stirring once or twice. Then stir in cheese until melted. Serve immediately, topped with ratatouille.

NOTE: Any leftover polenta can be spread in a shallow baking dish and cooled. Cut into squares before reheating.

RATATOUILLE

Makes 6 servings

2 tablespoons olive oil
1 medium eggplant, cubed
2 medium onions, chopped
2 sweet red peppers, cut in strips
4 cloves garlic, minced
2 small zucchini, cubed
¼ cup minced fresh parsley
1 teaspoon minced fresh basil or ½ teaspoon dried
1 teaspoon minced fresh oregano or ¼ teaspoon dried
1 teaspoon minced fresh marjoram or ½ teaspoon dried
3 tomatoes, coarsely chopped
¼ cup tomato juice or vegetable stock

Heat Large Skillet over medium heat. When drops of water dance when sprinkled in pan, add oil, and when hot, add eggplant and stir until slightly tender. Remove eggplant from Skillet and set aside.

Add onions and peppers to Skillet and cook over low heat until onions are translucent and slightly tender. Gently stir in garlic, zucchini, eggplant, parsley, basil, oregano, marjoram, and chopped

tomatoes until ingredients are combined. Pour tomato juice or stock over vegetable mixture.

Cover with Nutri-Tone® Control open and cook over medium heat. When tone sounds, close Control, turn heat to low, and cook 20 minutes. Stir before serving.

VARIATION: Serve over rice and top with freshly grated Parmesan, Monterey Jack, or mild Cheddar cheese.

MIDDLE EASTERN BURGERS

Makes 4 servings

Made with chick-peas and traditionally called falafel, these patties are common in the Middle East.

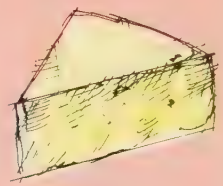
2 tablespoons sesame seeds
2 tablespoons parsley
1 tablespoon olive oil
1 tablespoon lemon juice
1 tablespoon soy sauce
1 teaspoon ground cumin
1 teaspoon ground coriander
½ teaspoon chili powder
1 egg
1 cup cooked chick-peas
⅔ cup wheat germ or oat bran

Place sesame seeds in blender or food processor and process until partially ground. Add parsley, oil, lemon juice, soy sauce, cumin, coriander, chili powder, and egg. Process on low speed until smooth. Add chick-peas and continue blending on low speed.

When smooth, transfer mixture to medium bowl and stir in wheat germ or oat bran. Form mixture into four patties. Lightly oil Large Skillet, or spray with vegetable oil cooking spray, and preheat over medium-low heat for 2 minutes. Cook patties until bottoms are golden brown; turn and cook until other side is golden brown and burger is done, about 8–10 minutes.

VARIATION: *Middle Eastern Sandwich:* Serve in pita bread. Top each patty with plain yogurt, chopped tomato, and scallions.

MOZZARELLA: Traditionally made from buffalo milk, mozzarella is now made from cows' milk. Often used on pizzas and in other Italian dishes, mozzarella is soft and mild, melts easily, and is most often used in cooking. To reduce calories and fat, choose mozzarella made with skim milk.



PARMESAN: A very hard cheese, Parmesan is usually grated and used for added flavor. When fully cured, this Italian cheese keeps almost indefinitely and can be hand-grated when needed.

RICOTTA: Made from the whey of cows' milk, ricotta is a very soft and mild cheese. Whole or skim milk (preferable for lower calories and fat) is added to this cheese; it is low in fat and an excellent choice for dieters.

▲ **Chili Non Carne is a meatless, yet hearty, vegetarian combination featuring kidney beans and fresh peppers. Served over rice, it provides high-quality protein with no saturated fat, cholesterol, or oil. Serve with a hearty peasant bread or corn bread.**

CHILI NON CARNE

Makes 10–12 servings

A delicious no-meat chili bursting with flavor and nutrition.

1 pound dried kidney beans
6 cups water
3½–4 cups tomato sauce
2 stalks celery, sliced
2 carrots, sliced
2 onions, chopped
1 tomato, chopped
1 hot pepper, seeded and minced (see "Caution – Hot Peppers Ahead," page 33)
1 red or green bell pepper, cubed
¼ cup minced fresh parsley
5 cloves garlic, minced
½ teaspoon dried marjoram
1 teaspoon dried oregano
¼ teaspoon cayenne pepper (or to taste)
2 bay leaves
Cooked rice

Drain beans after soaking (see table on page 30). Place drained beans in Dutch Oven and add water. Cover with Nutri-Tone® Control open and cook over medium heat. When tone sounds, close Control and turn heat to low. Cook 1 hour.

Remove cover and add remaining ingredients, except the rice. Stir. Open Control and turn heat to medium until tone sounds. Close Control and turn heat to low. Cook 1 hour. Serve over rice for a protein-rich meal.

VARIATIONS: Top chili with diced raw onions or scallions or a small amount of shredded Cheddar cheese.

PITA PIZZA

Makes 1 serving

Quick and easy, kid-tested and approved! Grown-ups will also enjoy the simple preparation and good taste.

1 pita pocket bread
1 tablespoon tomato paste
⅛ teaspoon dried basil
⅛ teaspoon dried oregano
¼ cup shredded skim-milk mozzarella cheese

Spread pita bread to the edges with tomato paste. Crumble basil and oregano over tomato paste, then sprinkle with shredded cheese.

Place the pita pizza in Small Skillet. Set over medium-low heat and cover with Nutri-Tone® Control closed. Bake 4–5 minutes, until cheese is melted and pita heats through.

VARIATIONS: Top uncooked Pita Pizza with sautéed vegetables, such as sliced mushrooms, strips of green or red bell pepper or onions, or sliced black olives. Sprinkle with cheese, then pan-bake.

Reduce cheese to 2 tablespoons.

TOMATO SAUCE

Makes 1 quart

Versatile tomato sauce can be served with pasta (add cooked beans or lentils for added protein and fiber); added to soups, casseroles or stews; and makes a delicious topping for filled crepes, omelets, poached fish, or chicken.

6 large garden-ripe tomatoes, quartered, or 4 cups Italian plum tomatoes with juice
2 sweet red peppers, seeded and coarsely chopped
1 medium onion, quartered
⅔ cup tomato paste
2 tablespoons olive oil
3 cloves garlic
2 teaspoons minced fresh basil or ½ teaspoon dried
2 teaspoons minced fresh oregano or ½ teaspoon dried
1 teaspoon fresh marjoram or ¼ teaspoon dried
Dash of cayenne pepper (optional)

Place about half the tomatoes, half the peppers, half the onion, and the tomato paste in blender or food processor. Process on low to medium speed until smooth, stopping to scrape down the sides of the blender as necessary.

Pour blended portion of sauce into large Sauce Pan. Blend remaining tomatoes, peppers, onion, oil, garlic, herbs, and cayenne, and add this mixture to Sauce Pan.

Cover with Nutri-Tone® Control open and cook over medium heat. When tone sounds, reduce heat to low and close Control. Cook 45 minutes. Store, covered, in refrigerator up to 4 days, or freeze if sauce will not be used promptly.

HEALTHY GARNISHES

An attractive appearance adds to the enjoyment of a meal. Garnishing a plate can add to the meal's presentation, of course, but the proper garnish can also add flavor and nutrition.

For example, a thin slice of melon, a small bunch of grapes, and a huge, juicy strawberry will provide any dish with bright contrast. Other healthy, edible garnishes include: kiwi fruit slices, orange or lime slices, scallions, cherry tomatoes, mushroom slices, carrot curls, and cauliflower or broccoli florets.

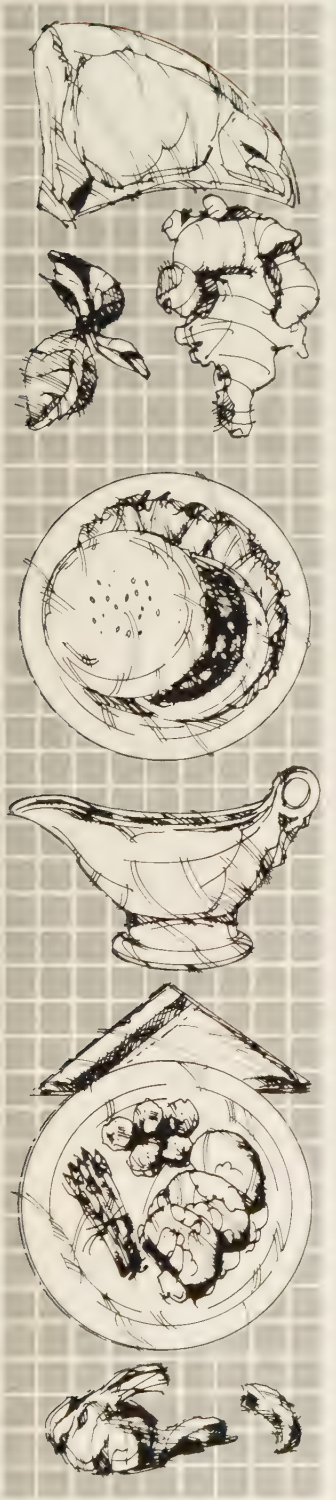
▶ Polenta (page 38), a Northern Italian specialty, can be cooled, cut into squares, and served with Ratatouille (page 38), a Mediterranean combination of eggplant, tomato, zucchini, and onion.

▼ For a festive presentation, serve Spaghetti Squash Carnivale (page 31) in the squash shell. Toss cooked peppers with spaghetti squash and serve remaining vegetables in tomato sauce on the side.

◀ Crisp, fat-free tortilla chips (page 28) are yours for the making – they're easy! Serve with a south-of-the-border style dip, Guacamole (page 24), made with vitamin C-rich avocados.

▼ A hollowed eggplant makes a unique serving dish for Eggplant Dip (page 24), a Middle Eastern appetizer favorite. Stuffed Tiny Red Potatoes (page 28), decked out with chives, complete the hors d'oeuvres picture.

Succulent pork chops highlight the meal, accompanied by vegetables and poached fruit.



MEATS

In many homes, a large cut of meat has traditionally held a starring role at the table, surrounded by vegetables and other dishes like lesser characters in a Broadway play. Slowly, these roles are changing.

Meat is often the most expensive item in the food budget. This fact, combined with concerns about saturated fats and cholesterol, means that many people are cutting back on their meat consumption. But like a charismatic actor who can add spice to any play, the satisfying richness and abundant protein of meat allows a little to go a long way. Therein lies the secret to incorporating meat into a thrifty, healthy diet.

There are many ways to expand on this "less is more" theme. One is to serve smaller meat portions accompanied by interesting and succulent side dishes, such as rice pilaf. The side dishes provide flavor, but also substantial fiber and little or no fat. Even though meat is chewy, it provides no dietary fiber on its own.

Another way to use meat healthfully is to select dishes that stretch a small amount of meat into several servings. The spaghetti sauce recipe in this chapter, for example, (see page 55) serves 6 to 8 with as little as one-quarter pound of meat. Adding vegetable protein to your dishes is another option. Lentil and Beef Tacos (see page 49) rely on legumes, cutting down on meat without sacrificing flavor.

The Carico method of meat cookery will also save you money. Less expensive, tougher cuts of meat reach tender perfection through slower cooking over low heat. The following basics of meat cookery will enable you to prepare any cut of meat properly on the stovetop. Remember that if meat is chilled, cooking will take longer. Allow meat to reach room temperature, then cook promptly. Always dry off the surface of meat before

▲ **Stretching ground meat with lentils provides a healthful high-fiber filling for tacos (page 49). Fresh vegetable toppings enhance visual appeal.**

browning, because it will cook too much before it browns if the meat is too moist.

In general, large cuts of meat – such as rib roasts, loins, and legs – are best pan roasted. The surrounding heat penetrates their irregular shapes most evenly. Smaller cuts – such as steaks and chops – are pan broiled with dry heat. The meat's surfaces become brown, while the interior remains juicy and pink. Pork must always be cooked well done to avoid the dangers of trichinosis, a disease caused by a microscopic parasite.

Pan braising, poaching, and stewing – all moist-heat cooking methods – work best for firmer cuts of meat, such as lamb shoulder or chuck roast. The slow simmering tenderizes these cuts and, as a bonus, blends the meat's flavor with the other ingredients.

You may note the absence of several types of meat in this chapter. Bacon, for example, is not included because it is very high in fat, in proportion to meat protein. Ham, like other cured meats, is also excluded. Studies indicate that sodium nitrate and sodium nitrite – commonly used to cure pork and beef products – may be harmful to your health. In addition, cured meats are high in sodium.

BEEF-STUFFED PEPPERS

Makes 4 servings

A one-pan main dish; just add a salad for a meal.

4 large green or red bell peppers
1 medium onion, chopped
1 celery stalk, chopped
1 small carrot, shredded
1 clove garlic, minced
¾ pound lean ground beef
¾ cup cooked rice
¼ cup minced fresh parsley
1 teaspoon soy sauce
½ teaspoon dried marjoram, finely crumbled
Dash of freshly grated nutmeg
1 cup tomato sauce

Choose peppers with flat bottoms, so they stand upright. Cut off tops and remove seeds and ribs. Discard stems and chop pepper tops for stuffing.

Place seeded peppers upside down in Large Skillet. Add 1 tablespoon water. Set over medium heat, covered, with Nutri-Tone® Control open. When tone sounds, turn heat to low and close Control. Cook 3–4 minutes.

Remove peppers and set aside. Combine the chopped pepper tops, onion, celery, carrot, garlic, and beef and place in pan with any remaining liquid. Turn heat to medium and cover with Control open. When tone sounds, close Control, turn heat to low, and cook 10 minutes. Stir in rice, parsley, soy sauce, marjoram, nutmeg, and ¼ cup of tomato sauce until combined with meat. Cover with Control closed and cook over low heat for 5 minutes.

Remove cover. Divide beef mixture between peppers and stuff into cavities, mounding any extra filling on top of peppers. Pour ½ cup tomato sauce into bottom of pan. Place peppers upright in pan, spooning remaining tomato sauce over each pepper.

Set pan over medium heat with Control open. When tone sounds, close Control and turn heat to low. Cook 20 minutes. Serve peppers with tomato sauce on the side.

VARIATION: *Lamb-Stuffed Peppers:* Substitute ground lamb for beef. Drain off any melted fat before adding rice to pan. Ground lean pork can also be substituted for beef.

▲ Colorful stuffed peppers offer a wealth of nutrients for a modest price. Garnish with fresh herbs and serve extra tomato sauce on the side.

▲ **Mexican meatballs are a flavorful Spanish-style variation with ground meat. Added vegetables provide color interest and nutritional value.**

MEXICAN MEATBALLS

Makes 8 servings

1 pound lean ground beef
½ cup stone-ground yellow cornmeal
1 egg, beaten
2 tablespoons minced fresh parsley
1 tablespoon tomato paste
¼ teaspoon ground cumin
⅛ teaspoon freshly ground pepper
1 sweet red pepper, diced
1 small onion, chopped
2 small hot chili peppers, seeded and minced
4 tomatoes, chopped
3 cloves garlic, minced
2 cups tomato sauce
1½ cups corn
2 tablespoons minced fresh coriander (optional)
¼ teaspoon crushed, dried hot red pepper flakes

In medium bowl, combine beef, cornmeal, egg, parsley, tomato paste, cumin, and pepper. Set aside.

Place diced pepper, chopped onion, minced chili peppers, tomatoes, and garlic in Large Skillet over medium heat. Cover with Nutri-Tone® Control open, and when tone sounds, reduce heat to low and close Control. Cook 10 minutes, until vegetables are tender. Stir tomato sauce into vegetables.

Form beef mixture into 16 meatballs. Place in tomato-vegetable sauce. Cover pan with Control open and turn heat to medium. When tone sounds, close Control and turn heat to low. Cook for 25 minutes.

Add corn and cook 5 minutes more. Stir in fresh coriander, if desired, and red pepper flakes and serve over rice or polenta (see page 38), and accompany with large salad.

LENTIL AND BEEF TACOS

Makes 6 servings

Lentils are a fiber bonus in the spicy taco filling.

1 onion, chopped
2 cloves garlic, minced
1 pound lean ground beef
1 cup cooked lentils (see table on page 30)
2 tablespoons chili powder
2 tablespoons tomato paste
⅓ cup water
12 taco shells
2 tomatoes, diced
1 small onion, minced
1 cup chopped lettuce
1 cup Tomato Salsa (see page 28)
1 cup shredded Cheddar cheese

Place onion, garlic, and meat in large Sauce Pan. Set over medium heat and cover with Nutri-Tone® Control open. When tone sounds, reduce heat and close Control. Cook 10 minutes.

Stir in lentils, chili powder, tomato paste, and water. Cover pan with Control open and turn heat to medium. When tone sounds, turn heat to low and close Control. Cook 5 minutes, until heated through.

To serve tacos, place warmed shells in basket covered with napkin. Arrange lentil-beef filling, diced tomatoes, onion, lettuce, salsa, and cheese in separate bowls and allow each person to assemble their own tacos.

VARIATION: *Beef and Lentil Casserole:* Thin beef and lentil filling with additional water or use beef stock or chicken broth. Eliminate taco shells, tomatoes, minced onion, lettuce, salsa, and cheese. Instead, serve lentil-beef filling over rice or noodles.

Omit Cheddar cheese.

KEEP SALSA ON HAND

If you want to add last-minute south-of-the-border flair to a variety of dishes, keep salsa on hand. Whether it's a good commercial brand or your own homemade kind (see Tomato Salsa, page28), salsa will add good flavor and "zip" without adding lots of calories or fats. (In commercial brands, be careful about sodium content if you have blood pressure concerns.)

Try salsa the following ways:

- Serve alongside plain cooked meat, poultry, or fish.
- Stir into bean soups for a flavor "lift."
- Spoon heated salsa over poached eggs.
- Toss with steamed green beans and diced potatoes.
- Stir into rice, top with grated cheese, and heat through.
- Add to plain tomato sauce for pastas.
- Mix with a small amount of ketchup to top hamburgers and cheeseburgers.

BRAISING

For tougher meat cuts, such as chuck, it is the combination of cooking liquid and simmering that tenderizes meat. Preheat pan 2–3 minutes over medium heat. Brown meat on all sides over medium heat. Add ¼ cup liquid, or as required by recipe. Cover with Nutri-Tone® Control open. When tone sounds close Control, turn heat to low, and cook according to the following chart.

MEAT	MINUTES PER POUND
Beef	20 - 25
Lamb	20 - 25
Pork	25 - 30
Veal	20 - 25

GARLIC-BRAISED LAMB SHANKS

Makes 4 servings

4 ½-pound lamb shanks, trimmed of fat
¼ cup water
15–20 cloves garlic, unpeeled
¼ teaspoon dried basil, crumbled finely
¼ teaspoon dried marjoram, crumbled finely
⅛ teaspoon dried thyme, crumbled finely
½ cup dry white wine or Chicken Stock (see page 110)
Dash of salt
Dash of freshly grated pepper

Select pan just large enough to hold shanks easily. Set pan over medium heat until drops of water dance when sprinkled in pan. Add shanks and brown well before turning. Brown all sides.

Add water and unpeeled garlic to pan and cover with Nutri-Tone® Control open. When tone sounds, close Control and reduce heat to low. Cook lamb shanks for 1 hour.

Pour off melted fat. Sprinkle lamb with dried herbs. Add wine or chicken stock and stir over medium heat. Loosen any browned particles of meat adhering to pan and stir into liquid. Cover pan with Control closed; reduce heat to low and cook ½ hour longer.

Remove garlic and serve lamb shanks with pan juices (seasoned with salt and pepper) spooned over top. For a healthier meal, serve with rice pilaf, steamed broccoli, and a large salad.

LEG OF LAMB

Makes 6–8 servings

4- to 5-pound leg of lamb
2 cloves garlic, thinly sliced
1 teaspoon dried thyme
½ teaspoon dried rosemary
¼ teaspoon freshly ground pepper

Remove any of the "fell" – a papery, thin outer covering – that may be on the leg of lamb. Trim fat, leaving just a thin layer on the meaty side of the leg. Insert a pointed knife into the meat at intervals, and place a slice of garlic into each cut.

Preheat Dutch Oven 2–3 minutes over medium heat. Place leg, meatier side down, in Dutch Oven and sear. Meat may stick, but will loosen as browning continues. Turn and sear remaining sides.

When meat is browned, turn leg meaty side up, and sprinkle with the mixture of seasonings. Cover pan and turn heat to low. For slightly rare lamb, cook about 20 minutes to the pound (an hour and a half for a 4½-pound leg), or until it reaches an internal temperature of 160–165°F (use a meat thermometer). For well done, cook the leg 30 minutes per pound, or until lamb reaches 175–180°F. Serve, thinly sliced, with rice pilaf, vegetables, and salad.

TEXAS CHILI

Makes 8 servings

1½ pounds coarsely ground lean chuck
1½ pounds lean pork shoulder, cut into ½-inch cubes
1 large onion, chopped
3 large cloves garlic, minced
3 cups beer or water
3 cups peeled, coarsely chopped tomatoes
1 cup tomato sauce
¼ cup pure chili powder
1 tablespoon cumin
1½ teaspoons paprika
1 teaspoon crushed dried red pepper flakes
1 hot fresh chili pepper, minced
½ teaspoon salt
¼ teaspoon freshly ground pepper
2 tablespoons stone-ground yellow cornmeal
3 tablespoons warm water

Preheat Dutch Oven over medium heat 2–3 minutes. Add meats and cook, stirring, until meat is no longer pink. Add onion, garlic, beer or water, tomatoes, tomato sauce, chili powder, cumin, paprika, pepper flakes, minced chili pepper, salt, and pepper.

Cover pan with Nutri-Tone® Control open. When tone sounds, close Control and turn heat to low. Cook 2 hours, stirring once every hour.

Remove any fat from surface of chili. Stir cornmeal into warm water and add to chili, stirring until combined. Cover and cook an additional 15 minutes over low heat. For a healthier version, stir in 2 or 3 cups cooked beans and serve a small amount over cooked rice.

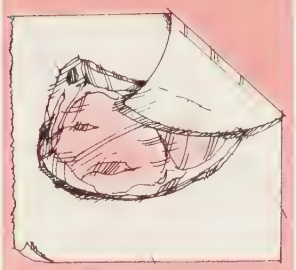
RANGE-TOP ROASTING

Preheat Dutch Oven 2–3 minutes over medium heat. Sear meat on all sides. Meat may stick but will loosen as browning continues. Cover with Nutri-Tone® Control open. When tone sounds, close Control, turn heat to low, and cook according to the following chart.

MEAT	MINUTES PER POUND
Beef, rare	10
Beef, medium	15
Beef, well done	20
Lamb, leg rare	20
Lamb, leg medium	25
Lamb, leg well done	30
Pork	25 – 30
Veal	20

STORING AND THAWING MEATS

Whole cuts of meat can be kept up to 4 days in the refrigerator if they are securely wrapped in plastic wrap or foil. Ground meat, however, has a greater area of exposed surface and is more easily contaminated. Uncooked ground meat should not be refrigerated for more than two days. When frozen, whole cuts of meat will keep up to 9 months; ground meat 3 to 4 months. Remove excess bones and fat from meat to conserve freezer space.



Wrap large portions of meat in freezer paper or self-sealing plastic bags. Separate chops and ground meat patties with a layer of waxed paper. This will facilitate thawing and preparing individual portions. Label the package with cut of meat, weight or quantity, and date.

When thawing meats, keep them in the refrigerator. This allows the meat to reabsorb its juices as the ice crystals melt, and the meat

SKILLET MEATLOAF

Makes 6 servings

1 small green pepper, diced
1 carrot, shredded
1 medium onion, finely chopped
4 scallions, finely chopped
1 stalk celery, finely chopped
1 cup soft whole-wheat bread crumbs
1 egg, beaten
1 pound lean ground beef
2 tablespoons minced fresh parsley
2 teaspoons soy sauce
¼ teaspoon dried basil
¼ teaspoon dried oregano
3 tablespoons tomato sauce

Combine ingredients in medium bowl, reserving tomato sauce for topping. Place in Small Skillet, patting in an even layer across bottom of pan. Spread top with layer of tomato sauce.

Place over medium heat. Cover with Nutri-Tone® Control open. When tone sounds, close Control and cook 30 minutes over low heat. Remove from heat and let stand 10 minutes, covered, to let juices reabsorb before serving. Serve with rice or potato, steamed vegetables, and salad.

BEEF STROGANOFF LIGHT

Makes 4 servings

Substituting yogurt for a large measure of the traditional sour cream substantially cuts down on fat.

2 pounds lean sirloin, thinly sliced on diagonal
1½ cups thinly sliced onions
1½ cups quartered mushrooms
¼ cup sherry or beef stock
¾ cup plain, low-fat yogurt
¼ teaspoon cornstarch
⅓ cup sour cream
½ teaspoon Dijon-style mustard
¼ teaspoon salt
Dash of freshly ground black pepper
¼ cup minced fresh parsley, garnish

Preheat Large Skillet over medium heat for 5 minutes. Sear meat in one layer on both sides and remove from pan. Meat should just be cooked through. Add onions to hot pan and stir for 2–3 minutes, browning slightly. Add mushrooms and sherry or beef stock.

Cover pan with Nutri-Tone® Control open and cook over medium heat until tone sounds. Close Control and turn heat to low. Cook 15 minutes, until onions and mushrooms are quite tender. Remove lid, turn heat to medium, and boil down liquid in vegetables until reduced by half.

In medium bowl, combine yogurt with cornstarch. Stir in sour cream, mustard, salt, and pepper. Add meat to vegetables in pan and stir in yogurt mixture. Heat through.

For an even healthier meal, serve stroganoff over brown rice or whole-grain noodles, sprinkled with parsley.

ORIENTAL PORK CHOPS

Makes 6 servings

1 cup orange juice
1 tablespoon minced fresh gingerroot or 1 teaspoon ground ginger
3 cloves garlic, minced
½ teaspoon crushed whole black peppercorns (see note below)
¼ teaspoon cayenne pepper
2 tablespoons soy sauce
6 pork chops, 1-inch thick

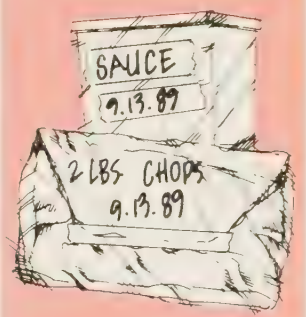
Combine orange juice, ginger, garlic, crushed black pepper, cayenne, and soy sauce in shallow bowl or pan. Place pork chops in marinade, turn once, then cover container with foil. Allow to marinate, refrigerated, several hours or overnight.

Place pork chops in Large Skillet and spoon marinade over chops. Cover with Nutri-Tone® Control open and set pan over medium heat. When tone sounds, close Control and turn heat to low. Cook 20 minutes. Serve pork chops and marinade over rice.

NOTE: To crush peppercorns, place them between two sheets of waxed paper and crush with a rolling pin or rubber mallet. Do not substitute ground pepper for the crushed peppercorns because dish will be too hot. For healthiest version, serve over brown rice with large green salad.

will not dry out. This also helps prevent bacteria growth. Allow 4 to 7 hours per pound to defrost.

Always refrigerate meats while they are marinating. Allowing them to marinate at room temperature encourages bacteria growth. And when refrigerating stuffing or gravies, place them



in separate containers, not with the meat, to prevent bacteria growth. Cooked meat and meat dishes should be covered and refrigerated no more than 4 days.

PAN JUICES, MEAT SAUCES

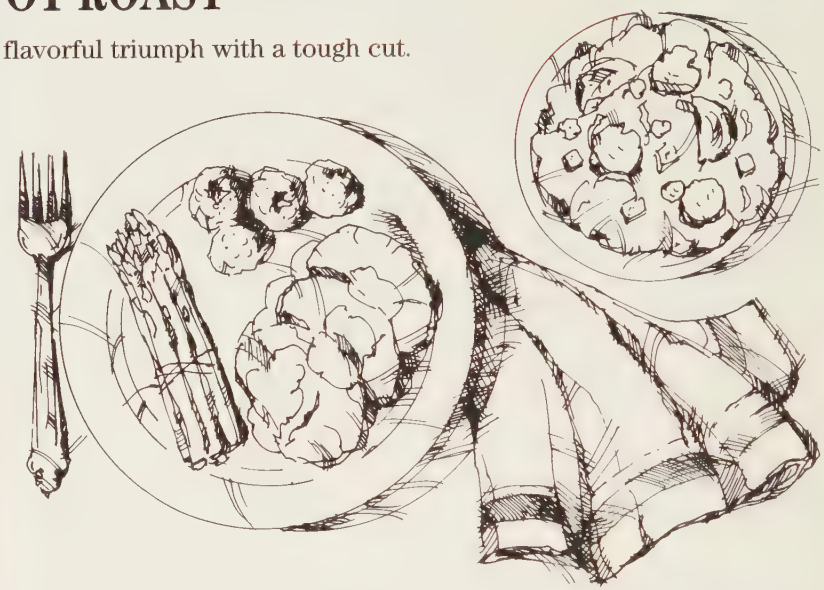
The juices left in the pan after stovetop roasting or pan broiling can be served as a flavorful topping for the meat. To prepare, remove meat from pan and keep it warm. Skim off fat in pan, then add a few tablespoons of stock or water and place pan over medium heat. Use a wooden spoon to scrape brown particles from bottom and sides of pan, stirring them into the liquid. Cook for a few minutes to reduce the liquid if the flavor is too diluted. Season with a little freshly ground pepper and serve.

If there is a great deal of liquid, such as with a pot roast, you can thicken the sauce using cornstarch. First, strain the cooking liquid, squeezing juices out of any vegetables used, and return liquid to pan. Combine 2 tablespoons cornstarch with 2 tablespoons water. Rapidly stir cornstarch mixture into juice. Return pan to heat and simmer about 2 minutes, just until sauce is thickened sufficiently to coat the back of a spoon. Add additional cornstarch and water to thicken sauce, if needed.

POT ROAST

Makes 6 servings

A flavorful triumph with a tough cut.



4- to 5-pound top or bottom boneless round of beef (or chuck) tied for roasting
5–6 cups beef stock or water
1 cup sliced celery
1 cup sliced carrots
1 cup chopped onions
2 tomatoes, coarsely chopped
6 sprigs parsley
6 peppercorns
4 allspice berries
3 cloves garlic
1 bay leaf
1 teaspoon dried thyme
2 tablespoons cornstarch
2 tablespoons dry white wine or water

Preheat Dutch Oven for 3 minutes over medium heat. Dry off meat and add to pan, searing meat on all sides.

Add 1 cup of beef stock or water and, using a wooden spoon, scrape up any browned particles of meat adhering to pan and stir into liquid. Add enough remaining liquid to come halfway up the roast. Add celery, carrots, onions, tomatoes, parsley, peppercorns, allspice, garlic, bay leaf, and thyme.

Cover with Nutri-Tone® Control open. When tone sounds, close Control and turn heat to low. Cook 2–2½ hours, until fork tender.

Remove meat from pan. Strain sauce into large bowl, pressing vegetables with back of spoon to release juices. Remove any fat from

surface of liquid. Return liquid to pan. Combine cornstarch with wine or water and whisk into liquid over low heat. Simmer 2 minutes, until thickened.

Serve small amounts of meat, thinly sliced, with sauce on the side. Accompany with generous servings of rice, whole-grain bread or pasta, vegetables, and salad for fiber.

SPAGHETTI SAUCE WITH MEAT

Makes 6–8 servings

You can make the sauce with as little as ¼ pound of ground meat. Try ground lamb for a delicious flavor variation.

½ pound lean ground beef
1 carrot, finely grated
1 medium onion, finely grated
2 cloves garlic, minced
½ green or red bell pepper, diced
2 tomatoes, seeded and finely chopped
½ cup sliced mushrooms
½ teaspoon dried basil
½ teaspoon dried oregano
¼ teaspoon dried thyme
¼ teaspoon dried marjoram
Dash of freshly ground pepper
6 cups tomato sauce

Place meat, carrot, onion, garlic, and bell pepper in Large Skillet. Toss to combine. Set pan over medium heat and cover with Nutri-Tone® Control open. When tone sounds, reduce heat to low, close Control, and cook 4–5 minutes, until meat is brown.

Stir in chopped tomatoes, mushrooms, basil, oregano, thyme, marjoram, and pepper, and cook until mushrooms have lost their raw appearance, about 2–3 minutes. Add tomato sauce and stir to combine with other ingredients. Cover with Control open. When tone sounds, close Control, turn heat to low, and cook 10–15 minutes. Serve over cooked spaghetti, preferably whole wheat or artichoke varieties.

DEGREASING SAUCES–CUTTING DOWN ON FATS

Cutting down on excess fat is the most important aspect of cooking with meat. Buying lean cuts and trimming off visible fat are two ways to cut down. Another way is through degreasing.

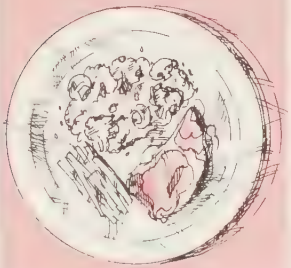
When meat is cooked, pour off melted fats before proceeding with your recipe. If there is a quantity of liquid in the pan, it can be degreased in several ways. One is to tilt the pan and remove the fat floating on the surface using a spoon or turkey baster. Or, pour the liquid into a special degreasing pitcher, a utensil with a spout at the bottom. The flavorful cooking liquid can be poured off, leaving the floating fat behind.

To remove small amounts of fat, dip the edge of a torn paper towel into the fat. The fat will immediately be absorbed and can be lifted off.

When meats and meat dishes are refrigerated, the fat solidifies. This will help to preserve stocks and meat liquids, but should be lifted off and discarded before reheating the dishes.

PAN BROILING

Preheat pan 2–3 minutes over medium heat. Place meat in pan. At first, meat may stick, but it will loosen as cooking continues. When it is sufficiently seared on one side, turn and sear remaining side. If meat needs additional cooking, reduce heat to low and cook, uncovered, to degree of doneness desired. The length of time varies with meat thickness.



PRONTO PAELLA

Makes 6 servings

In one hour you'll have a fabulous dish for company, abounding with flavorful sausage, chicken, and shrimp!

¾ pound Italian sausage, sweet or hot, cut into 2-inch pieces
1 medium onion, chopped
1 small red bell pepper, diced
2 cloves garlic, minced
6 chicken drumsticks
2 cups long-grain rice
3 cups Chicken Stock (see page 110) or broth
Pinch of saffron threads or ground saffron
Dash of freshly ground pepper
2 medium garden-ripe tomatoes, peeled, quartered, and seeded
12 medium shrimp, shelled and deveined (see page 86)

Sauté sausage in Dutch Oven over medium heat, browning on all sides until cooked through. Drain off fat. Add onion, bell pepper, and garlic to pan, and sauté until onion is soft, about 5 minutes. Add chicken and sauté until lightly browned, 6–8 minutes.

Add rice and stir until translucent, about 2 minutes. Add stock or broth, saffron, and ground pepper; stir to combine. Cover with Nutri-Tone® Control open. When tone sounds, close Control and turn heat to low. Cook for 20 minutes, until liquid is absorbed.

Fluff paella mixture and add tomatoes and most of the shrimp. Arrange several shrimp on top of paella. Cover with Control closed and continue to cook until shrimp are pink, about 8–10 minutes. Serve with large green salad, whole-grain rolls, and a dessert of fresh fruit.

HAMBURGERS

Makes 4 servings

Children and (grown-ups!) will enjoy the succulent taste of these hamburgers. Whole-grain rolls and fresh toppings will add valuable fiber and nutrition.

1¼ pounds lean ground beef
¼ cup grated onion
¼ cup grated carrot
½ clove garlic, pushed through a press (optional)
¼ teaspoon dried thyme
Dash of freshly ground pepper

Gently mix ingredients together until well combined. Divide into 4 portions and form into patties.

Place in Large Skillet over medium heat. Cover with Nutri-Tone Control open. When tone sounds, close Control and turn heat to medium-low. Cook 4 minutes.

Turn burgers and cook, covered, another 3–4 minutes on the second side, or to degree of doneness desired. Serve on whole-grain rolls and top with lettuce, sliced tomato, and – for those who enjoy them – a thick slice of Bermuda onion.

GARDEN VEGETABLE BEEF STIR-FRY

Makes 4 servings

1 pound boneless beef sirloin steak or top round steak, cut beef crosswise into thin strips
1 6-ounce package frozen pea pods
1 tablespoon olive oil
3 tablespoons soy sauce
1 tablespoon cornstarch
¼ cup low-sodium beef broth
3 cloves garlic, minced
1 medium red pepper, cored, seeded and cut into julienne strips
3 medium carrots, cut into julienne strips
1 medium onion, cut into thin wedges
1 cup broccoli flowerets

Heat skillet until drops of water dance when sprinkled in the bottom. Add oil. When hot add garlic and stir for 15 seconds. Add carrots, stir for 2 minutes. Add broccoli and onions; stir for 2 minutes. Add low-sodium beef broth, soy sauce and cornstarch, stir in beef and cover with Nutri-Tone Control open.

When tone sounds, reduce heat to low, close Control, and cook 6-8 minutes until beef is cooked through. Return heat to medium and add red pepper. Stir 1-2 minutes, just until pepper is crisp-tender. Stir in pea pods and cook for 1 minute or till hot. Serve over hot cooked rice.

ONIONS AND GARLIC HELP YOUR HEART

Onions and garlic seem to have a natural affinity for meats. It's hard to imagine a good chili or stew without onions, or a spicy meat dish without garlic. But the benefits of garlic and onions extend beyond taste, especially for those who love eating meat.

These two culinary herbs are potent cholesterol fighters, effective even after they've been cooked. One or two cloves of garlic daily have been shown to reduce both cholesterol and triglyceride levels in the blood. Scientific research has also shown that onions can help to prevent circulating blood clots, which can block vessels, causing heart attack or stroke.

Naturally, trimming meats to remove visible fat, cooking without added fat, and degreasing cooked meat dishes will all help to reduce saturated fat in your diet. But including onions and garlic will enhance the health value of meats.

HOW DO YOU MILK A COCONUT?

Versatile coconut milk is used for everything from soups to desserts in Southeast Asia and the Pacific Islands. Vegetables, rice, meat, fish, and fowl are among the foods delicately flavored by this basic cooking liquid. While coconut milk cannot be purchased, it can be made at home to lend authentic flavor to ethnic dishes.

Before buying, shake a coconut to make sure it is filled with liquid. If the coconut is dry inside or the "eyes" are wet or moldy, the coconut may be spoiled.

To Open Coconut:

Hammer an ice pick or small screwdriver into the eyes. Drain out coconut water. (This may be saved and used as a beverage, but it is not used in cooking.) Then, using the back side of a meat cleaver or heavy chef's knife, hold the coconut in one hand, eyes up, and strike hard around the equator, not quite halfway down from the top. Keep turning and striking until shell cracks along faultline. (The coconut can also be drained as above,

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LAMB CURRY

Makes 4 servings

Premixed curry powder is a Western invention. In India, each cook combines spices to form an individually seasoned "curry" dish. Ghee, a clarified butter, is often used in Indian cookery.

1 large onion, diced
3 cloves garlic, minced
2 tablespoons clarified butter (see "Clarifying Butter," page 67) or sunflower oil
1 tablespoon minced fresh gingerroot or ¼ teaspoon ground ginger
½ teaspoon ground coriander
½ teaspoon ground cardamom
½ teaspoon cumin powder
¼ teaspoon ground cinnamon
¼ teaspoon pure chili powder
¼ teaspoon ground turmeric
½ teaspoon salt
¼ teaspoon freshly ground black pepper
1 pound lamb cubes
1½ cups coconut milk (see "How Do You Milk a Coconut?" at left) or Chicken Stock (see page 110)
1 tart green apple, cored and diced
½ cup seedless raisins

Place onion and garlic in Large Skillet with clarified butter or oil. Stir over medium heat 4–5 minutes, turning heat to low if onions begin to brown. Add gingerroot, coriander, cardamom, cumin, cinnamon, chili powder, turmeric, salt, and pepper. Stir for a minute, then stir in lamb. Turn off heat, cover with Nutri-Tone® Control closed, and allow meat to marinate for ½ hour. Prepare coconut milk.

Add coconut milk or chicken stock and apple to the lamb. Set over medium heat with Control open. When tone sounds, reduce heat to

low and close Control. Cook 1 hour. Stir in raisins and cook 30 minutes more. Serve over brown rice with large salad.

Use chicken stock in place of coconut milk.

INDIAN KEEMA WITH PEAS

Makes 4 servings

Choose the meat you prefer – lamb, beef, or pork – to create an exotic, spicy accompaniment to rice. Serve chutney on the side.

2 teaspoons sunflower oil
1 cup finely chopped onion
1 teaspoon minced garlic
1 tablespoon minced fresh ginger, or 1 teaspoon ground ginger
1 tablespoon Madras curry powder
¼ teaspoon ground cinnamon
¼ teaspoon ground coriander
¼ teaspoon ground cumin
⅛ teaspoon ground turmeric
1 pound lean ground beef, lamb, or pork
1½ cups chopped, drained, canned Italian tomatoes
1 tablespoon fresh lime juice
1 teaspoon packed dark brown sugar
¼ teaspoon dried hot red pepper flakes
⅛ teaspoon freshly ground black pepper
1 cup frozen peas

Place oil in Large Skillet and, when heated, add onion and garlic. Stir over medium heat until onion is wilted. Remove pan from heat and add ginger, curry, cinnamon, coriander, cumin, and turmeric. Return pan to heat and cook spices with onion for 1–2 minutes before adding meat.

Brown meat with onion mixture. Add chopped tomatoes, lime juice, brown sugar, hot pepper flakes, and pepper. Stir to combine ingredients. Cover with Nutri-Tone® Control open. When tone sounds, close Control and turn heat to low. Cook 15–20 minutes. Stir in peas and cook 2–3 minutes more, just until peas are tender, but bright green. Serve over rice with chutney on the side.

then placed in a preheated 400°F oven for 20 minutes until it cracks and can be pried open.)

To Make Coconut Milk: Wrap the halves of the coconut in an old kitchen towel. Smash the shell with a hammer to break it up. Remove the coconut meat from the shell. Shave off the brown skin using vegetable peeler or paring knife. Rinse to remove any bits of shell and place coconut meat in blender. Pour 1½ cups hot water into blender and process, stopping and scraping down the sides of the container as needed, until smooth. (Coconut can also be grated by hand and soaked for 10 minutes in hot water.) Line a medium bowl with 2 to 3 layers of cheesecloth. Pour in the coconut and water mixture, and gather sides of cheesecloth to make a bag. To reduce fat content, allow liquid to stand 15 minutes, then skim off and discard the thick coconut "cream" that rises to the surface – about ¼ to ⅓ cup. Squeeze over bowl until coconut is dry. Yield: approximately 1¾ cups coconut milk. Freeze if not using within a day or two.

SHARP IDEAS FOR THE COOK

A set of good knives can save time, effort, and money in the long run. A good knife will maintain a sharp blade and should feel comfortable and well-balanced in your hand. It is less tiring to use a well-made knife when chopping or slicing meats, poultry, fish, or fresh vegetables and fruits. Because a sharp knife is so indispensable for cutting away fatty portions of meat or poultry, or boning fish and meats, it is both a healthful and money-saving tool. Buying larger portions of meat, fish, or poultry and cutting them into serving sizes can also save money.

Along with the knives, choose a good cutting board. Wooden cutting boards may absorb meat juices; an acrylic board is easy to maintain. A cutting board protects counters and acts as a shock ab-sorber as you cut and chop. Wash the board thoroughly with hot soapy water if you use it for raw meats, fish, or poultry before cutting other types of food. This eliminates the possibility of cross-contamination of the foods. Another alternative: Have two cutting boards and reserve one for fruits and vegetables, the other for meats, poultry, and fish. Always clean them well before storing.

PORK AND CASHEW STIR-FRY

Makes 4 servings

1 pound boneless pork loin, cut in very thin strips
2 tablespoons dry sherry or orange juice
1 tablespoon cornstarch
1 tablespoon soy sauce
1 clove garlic, minced
2 tablespoons peanut or sunflower oil
1 medium onion, thinly sliced
3 carrots, thinly sliced on diagonal
⅔ cup chicken broth
1 tablespoon packed dark brown sugar
1 green pepper, cut into thin, 2-inch strips
½ cup unsalted cashews

Combine pork strips with a marinade of sherry or juice, cornstarch, soy sauce, and garlic. Refrigerate 1 hour.

Heat oil in Large Skillet over medium heat. Add onion and stirfry 1–2 minutes until onions begin to soften. Stir in marinated pork mixture and stir-fry until meat is lightly browned. Add carrots, broth, and brown sugar and stir well into pork with wooden spoon. Scrape browned particles of meat from bottom of pan and stir into liquid. Cover with Nutri-Tone® Control open.

When tone sounds, reduce heat to low, close Control, and cook 6–8 minutes until pork is cooked through. Return heat to medium and add green pepper. Stir 1–2 minutes, just until pepper is crisp-tender. Stir in cashews and serve over brown rice, for more fiber.

VARIATION: *Szechuan Pork and Peanut Stir-Fry:* Add ½ teaspoon dried crushed red pepper flakes with carrots and broth. Substitute unsalted peanuts for cashews.

Omit soy sauce; omit sugar.

POULTRY

Flavored all over the world, delicately flavored poultry blossoms with a variety of culinary treatments, from the tangy Korean ensemble of garlic, ginger, and soy sauce to the cool combination of mint and fresh fruits – all to be found in the pages that follow. Poultry's versatility is only one of its charms. Ounce for ounce, skinless poultry contains as much protein – but far less fat and cholesterol – than either beef or pork. That means fewer calories in the bargain, too. Add to that poultry's availability, reasonable price, and ease of preparation, and you can see why poultry is an international favorite.

The next discovery awaiting you is that the Nutri-Tech® Food Preparation System of low-heat cookery is perfect for poultry. High temperatures toughen the protein in poultry, causing excessive shrinkage and loss of natural juices. The results: tough, dried-out meat. Low heat, however, and the patented sealing lid retain moisture, so you will enjoy tender, flavorful, juicy poultry.

In addition to exploring the variety of recipes here, begin to think of poultry as a delicious and versatile substitute for the high-fat and more expensive beef, pork, or veal.

Skinless and boneless turkey and chicken breast fillets can take the place of veal in scallopini (see Turkey Scallopini with Tomatoes, page 74) or in your favorite recipes for veal parmigiana, Wiener schnitzel, or veal cordon bleu. Try substituting lean ground turkey for ground beef in burgers, meat loaf, chili, meatballs, or stuffed vegetables.

Rabbit rivals chicken in protein and is lower in fat. It can be substituted in many recipes calling for whole chicken cut into serving pieces, especially highly flavored dishes such as curries.

PARSLEY: MORE THAN A GARNISH

A few sprigs of fresh parsley or a sprinkle of minced parsley leaves can dress up a soup, salad, vegetable, or main dish in a jiffy. But don't discard parsley, thinking it is mere "window-dressing."

Each ounce of parsley packs a significant amount of vitamins A and C. Both are important in healing and a healthy immune system,

Stir fresh minced parsley into soups or stews just before serving. Add to sauces, salad, or salad dressings. Toss minced parsley with steamed vegetables, cooked dried beans, rice, or pasta. By not limiting parsley to garnish status, you will be adding valuable nutrients to your diet.

SPANISH CHICKEN WITH ALMONDS

Makes 6 servings

1 4- to 5-pound roasting chicken, cut into serving pieces
½ teaspoon salt
Dash of freshly ground pepper
¾ cup unbleached flour
¼ cup olive oil
2 cups finely chopped onion
2 tablespoons finely chopped parsley
1 bay leaf
¾ cup dry white wine
2 cups water
¼ cup blanched almonds, pulverized in a blender
1 hard-cooked egg yolk
1 tablespoon minced garlic
⅛ teaspoon ground saffron or crushed saffron threads

Remove skin from chicken pieces. Rinse chicken and pat dry with paper towels. Sprinkle with salt and pepper, then dip chicken pieces in flour and shake to remove excess. Heat Dutch Oven over medium heat. When drops of water dance when sprinkled in pan, add oil. Add chicken in one layer, meatier side down, and brown. Turn chicken to brown remaining sides. Remove chicken and brown remaining pieces. Remove from pan.

Add onion to Dutch Oven and stir frequently, over medium heat, until soft and translucent, about 5 minutes. Remove onion and return chicken to Dutch Oven; spread onion over chicken and sprinkle with parsley. Add bay leaf, wine, and water.

Cover with Nutri-Tone® Control open and cook over medium heat. When tone sounds, close Control, reduce heat to low, and cook 20 minutes.

Meanwhile, use back of wooden spoon to mash pulverized almonds, egg yolk, garlic, and saffron into a smooth paste. Use ladle to remove about ¼ cup of liquid from simmering chicken and stir liquid into almond paste. Stir thinned almond mixture gradually into simmering sauce. Cover with Control closed and cook over low heat an additional 10–15 minutes, or until chicken is tender.

Remove chicken from Dutch Oven and keep warm, covered loosely with foil. Turn heat to medium-high and boil down liquid until reduced by almost half, to intensify flavor. Spoon off any fat from surface of liquid and remove bay leaf. Serve chicken over rice, topped with sauce.

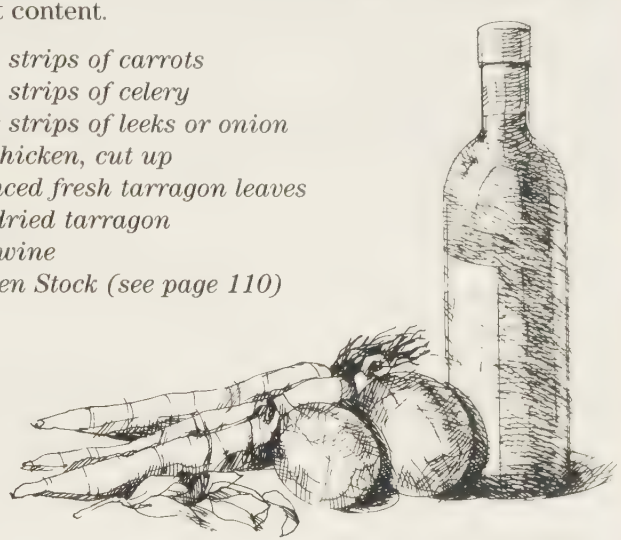
Omit salt.

WINE-POACHED CHICKEN

Makes 4 servings

A good basic recipe to serve as is, or to vary as Chicken with Peppers or Chicken Provencale (see recipes on next page). Remove skin to further reduce fat content.

1½ cups julienne strips of carrots
1½ cups julienne strips of celery
1½ cups julienne strips of leeks or onion
3-pound frying chicken, cut up
1 tablespoon minced fresh tarragon leaves or 1 teaspoon dried tarragon
1 cup dry white wine
1–1½ cups Chicken Stock (see page 110)
1 bay leaf



To julienne vegetables, cut carrots, celery, and leeks into 1½–2 inch lengths. Cut thin ⅛-inch slices, lengthwise, then cut slices into "matchsticks." Cut onion, if used, into thin lengthwise slices and cut slices again into "matchsticks." Toss vegetables together to combine.

Place ⅓ vegetable mixture in large Sauce Pan. Layer drumsticks and thighs (separate them at joint, if butcher has not) on top of vegetables. Sprinkle with half of the tarragon. Layer another third of the vegetables, chicken breasts and wings, and sprinkle with remaining tarragon. Top with remaining vegetables.

Pour wine over chicken and add enough chicken stock to just reach breasts and wings. Push bay leaf down into cooking liquid.

Set pan over medium heat. Cover with Nutri-Tone® Control open. When tone sounds, close Control and turn heat to low. Cook 30 minutes, or until chicken is tender. Serve over rice.

NOTE: Chicken stock can be substituted for all or part of the wine. If chicken will be used in another recipe (see Chicken with Peppers and Chicken Provencale, on next page), vegetables can be coarsely chopped instead of julienned. Strain poaching liquid, pressing liquid out of vegetables. Poaching liquid can be used in place of chicken stock in any recipe. It can be frozen for future use.

CLEANING LEEKS

Leeks offer a delicate, oniony flavor to many dishes. But because they are grown in sandy soil, leeks present a special cleaning challenge. The sand nestles between the green leaves and can sift down into the white stem end as well.

To clean leeks, trim off roots. Hold by white root end and insert a sharp knife just above the white root, where the green leaves begin. Cut up toward the green leaves, halving the leek. (The white part of the leek is still intact.)

To rinse, fan out the green leaves and hold under cold running water to remove any sand or dirt. If leeks are particularly sandy, you can make a second cut through the leaves, turning the leek one quarter turn. The leaves will fan out more easily.

STORING AND THAWING POULTRY

Uncooked poultry is highly perishable and requires special care. Poultry should be removed from the store wrap and loosely rewrapped in waxed paper before being promptly refrigerated. When storing a whole bird, remove any giblets and store them separately.

Use raw, refrigerated poultry within two days. If poultry is frozen, allow it to defrost in its original wrapper in the refrigerator, which keeps the surfaces cool while the poultry thaws. Place poultry on a tray to catch drippings. Poul-try can also be thawed more quickly when submerged in cold water. Keep the bird in the original wrap or in a watertight plastic bag. Change the water often. (Do not be tempted to use warm water, which can raise surface temperatures of the bird to dangerous bacteria-promoting levels.) Thaw until meat is pliable and giblets can be re-moved. Cook immediately, or refrigerate.

Because of salmonellae, microscopic bacteria that often live in poultry, poultry must never be partially cooked and then finished later. Thorough cooking kills these organisms. Allow enough time to complete the cooking in one step, then serve quickly and refrigerate or freeze leftovers promptly. Do not leave cooked poultry at room temperature more than 1½ hours.

CHICKEN WITH PEPPERS

Makes 4 servings

Prepare and assemble ingredients while cooking basic Wine-Poached Chicken, on previous page.

1 cup sliced onions
1 tablespoon olive oil
1½ teaspoons minced garlic
1 cup sliced green bell pepper
1 cup sliced red bell pepper
¼ teaspoon dried thyme
Dash of freshly ground pepper
3-pound chicken, cut into serving pieces and poached (see Wine-Poached Chicken, on previous page)
¼ cup poaching liquid

Place onion slices in heated Large Skillet with olive oil. Cook over medium heat until onions are tender, stirring often. Add garlic, sliced peppers, thyme, and a little black pepper. Stir over medium heat until peppers are limp.

Push vegetables to side of skillet and place chicken in one layer in bottom. Spoon some vegetables over chicken. Add poaching liquid.

Cover pan with Nutri-Tone® Control open. When tone sounds, close Control, turn heat to low, and cook 4–5 minutes. Serve chicken, topped with the vegetables, over rice.

CHICKEN PROVENCALE

Makes 4 servings

Prepare and assemble ingredients while cooking basic Wine-Poached Chicken, on previous page.

3-pound chicken, cut into serving pieces and poached (see Wine-Poached Chicken, on previous page)
¼ cup poaching liquid
2 cups peeled, seeded chopped tomatoes
1½ teaspoons minced garlic
½ teaspoon Italian herb seasoning
Dash of freshly ground pepper
¼ cup dry white wine or additional poaching liquid
1–2 tablespoons tomato paste (optional)

Keep chicken warm after poaching. Place poaching liquid, tomatoes, garlic, herbs, and pepper in Large Skillet over medium heat. Cover with Nutri-Tone® Control open. When tone sounds, close Control and turn heat to low. Cook 15 minutes.

Remove cover and return heat to medium. Stir wine or additional liquid into sauce, add tomato paste (if desired, for slightly thicker sauce) and add chicken pieces, spooning some sauce over chicken.

Cover with Control closed. Turn heat to low and heat chicken through 4–5 minutes. (If poached chicken has been refrigerated, heat about 10–15 minutes, or until warmed through.) Serve over rice or pasta.

KOREAN CHICKEN

Makes 4 servings

A favorite! Make it ahead and warm before serving, if desired. Serve over cooked rice.

¼ cup minced scallions
2 tablespoons soy sauce
1 tablespoon honey
1 tablespoon minced garlic
1 tablespoon minced fresh ginger or ½ teaspoon ground ginger
¼ teaspoon freshly ground pepper
2 teaspoons dark sesame oil (or 2 teaspoons sunflower oil plus 1 teaspoon sesame seeds)
1 small carrot, cut in julienne strips
2 whole chicken breasts, halved, skinned, and boned

Combine scallions, soy sauce, honey, garlic, ginger, and pepper. In Large Skillet, heat sesame oil. If using oil and sesame seeds, heat until seeds begin to brown. Add carrot and stir 1–2 minutes over medium heat, then add scallion mixture. Place chicken breasts in pan, boned side down. Turn breasts once to coat well with marinade before cooking.

Cover with Nutri-Tone® Control open and cook over medium heat until tone sounds. Close Control and turn heat to low. Cook about 20 minutes, or until chicken is tender. Turn breasts so skinned side is up. Serve, with sauce, over rice.

TAKING THE BITE OUT OF GINGER

Many people like the flavor of ginger. But some dislike biting into a piece of this pungent root – even though they find that ground ginger doesn't compare to fresh. By grating ginger and pressing out its flavorful juice, you can add the fresh taste of ginger to dishes without the "bite."

Simply grate twice the amount of ginger called for in a recipe, measuring after the ginger is grated. Use the medium or large holes on a grater. There's no need to peel the ginger first. Place the grated ginger in a piece of moistened cheesecloth and twist to press out the juice. Add this juice in place of minced fresh ginger in your recipe. Ginger juice can also be used to flavor marinades and enhance stir-fry dishes.

BONING CHICKEN BREASTS

Boneless and skinless chicken breasts are tasty and convenient, taking only minutes to cook in a hot pan. You can easily bone your own chicken breasts, saving on the pre-mium price you'll pay if they're already prepared.

Place the whole chicken breast, skin side down, on a cutting board. Bend the breast back and press flat to expose the bone, cutting the white gristle at the neck end.

Insert a boning knife or other sharp knife between the breastbone and the meat. Working with the knife edge close to the bone, gently cut the meat free, working toward the ribs. Continue to cut the flesh free until you can lift out the bones. Cut the breast into two halves and remove skin. Remove the wishbone and white tendons by pulling them toward you and gently scraping with a knife to release tendon from meat. You can pound the breasts between two sheets of waxed paper, using a food masher or rubber mallet, until the breasts are flattened to an even thickness. This will facilitate even cooking.

To cut down on calories, prepare the chicken breasts by poaching them or sautéing quickly in a minimum of oil. In contrast, an unskinned chicken breast that has been batter-dipped and fried contains 4 to 5 times the amount of fat.

SKILLET CHICKEN

Makes 4–5 servings

This fat-free method of preparing chicken will surprise you with its delicious flavor.

1 4-pound frying chicken
1 teaspoon poultry seasoning, optional
(see "Flavoring Poultry," page 75)

Cut chicken into serving pieces. Wash and pat dry. Preheat Large Skillet 2–3 minutes over medium heat. Place chicken skin side down in preheated pan. Sprinkle with seasoning, if desired. Place cover on pan and leave slightly ajar.

Cook chicken 10 minutes or until evenly browned. Turn chicken. Cover with Nutri-Tone® Control closed. Cook 20 minutes or until tender. To crisp chicken, remove cover for last few minutes of cooking.

MINTED CHICKEN SALAD WITH PINEAPPLE

Makes 4 servings

1 whole chicken breast, halved, skinned, and boned
2 tablespoons Chicken Stock (see page 110)
¼ cup minced fresh spearmint
2 tablespoons minced fresh parsley
⅔ cup rice wine vinegar
2 tablespoons sunflower oil
1 tablespoon dark brown sugar
1½ cups cubed fresh pineapple
1 cup red seedless grapes
Lettuce leaves
Spearmint sprigs, garnish

Poach chicken breast halves by placing them in Small Skillet with chicken stock. Cover with Nutri-Tone® Control open and cook over medium heat until tone sounds. Close Control, reduce heat to low, and cook 30 minutes. Allow chicken to cool to room temperature; cut into thin strips, about 2 inches in length. Return chicken strips to cooled pan and add mint, parsley, vinegar, oil, and brown sugar. Toss gently; cover and refrigerate 4 hours or overnight.

Gently toss marinated chicken, pineapple, and grapes together. Arrange lettuce leaves on individual salad plates. Top with chicken salad and garnish with mint sprigs.

VARIATION: *Poached Chicken Vinaigrette:* Cube or cut breast halves after poaching as in main recipe, above. Toss chicken with ½ cup Vinaigrette Dressing (see page 108), sliced scallion tops, sliced radish, and diced green pepper. Refrigerate. Serve on romaine lettuce leaves.

SAUTÉED CHICKEN BREAST

Makes 4 servings

2 whole chicken breasts, split and boned
(see "Boning Chicken Breasts," page 66)
1 tablespoon clarified butter
(see "Clarifying Butter," at right), or sunflower oil

Place chicken breast halves, one at a time, between 2 layers of waxed paper. Using food masher or rubber mallet, pound breasts until well flattened, but not broken apart.

Heat Large Skillet for 2–3 minutes over medium heat. Dust chicken breasts with flour to lightly coat. Shake off excess flour. Put clarified butter in skillet and add breasts. Sauté breasts quickly, about 2 minutes per side, turning once. The breasts should just feel springy to the touch. If they are soft, the breasts are undercooked. If they are too hard, they are overcooked.

Remove the breasts to a serving platter. Sprinkle with a few drops of lemon juice and top with minced parsley. Garnish with lemon slices and parsley sprigs, and serve with rice and mixed steamed vegetables.

VARIATION: *Tarragon Chicken Breasts:* Eliminate parsley. Sprinkle with 1 tablespoon minced fresh tarragon (or ½ teaspoon crumbled dried tarragon) when sautéing second side of breasts. Substitute ½ lime for lemon, sprinkling a few drops of juice on each cooked breast. Garnish with lime slices.

CLARIFYING BUTTER

Clarifying butter eliminates the milky solids that might otherwise burn when butter is used to cook certain foods. To clarify, cut ¼ pound of butter into small Sauce Pan. Heat over low heat, uncovered, until the butter melts and is as clear as oil.

Skim off any foam that rises to the surface. Pour the clarified butter through cheesecloth into a clean container, allowing the white deposit at the bottom to remain in the pan. Clarified butter will keep several months, covered, in the refrigerator.

SAFFRON, THE GOLDEN SPICE

It has been said that saffron is "expensive to buy, cheap to use." One glance at the price tag for a fraction of an ounce of saffron will prove the truth in the first part of that statement. But using saffron will help you believe the second.

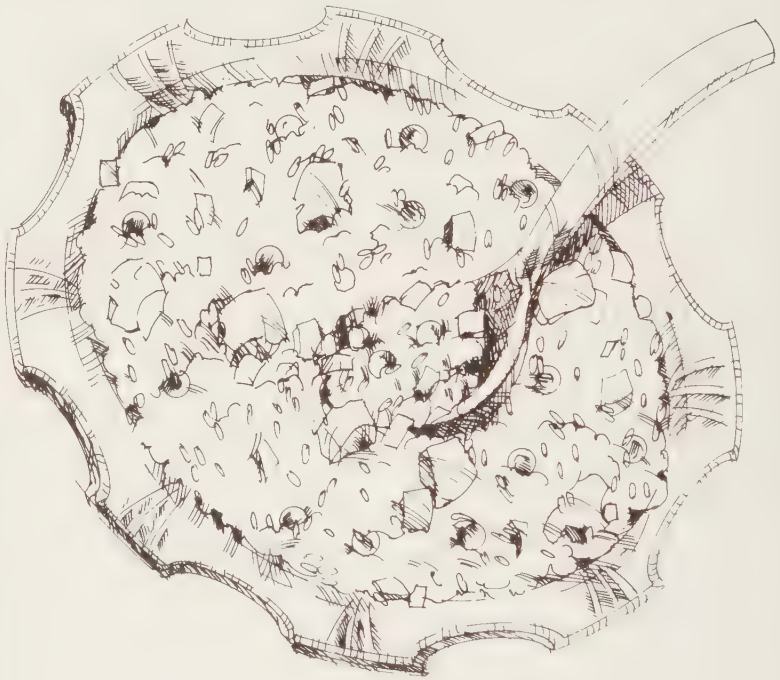
Derived from the dried stamens of the cultivated crocus flower, saffron imparts a distinct flavor and golden color to the dishes to which it is added. Only a few threads of saffron are sufficient to color and flavor a good-sized stew or other dish. A small

amount of turmeric, which also imparts a golden color to foods, can be substituted for saffron, but will not impart the same delicious flavor.

CHICKEN WITH SAFFRON RICE AND PEAS

Makes 4 servings

Spanish "Arroz con Pollo" (or Rice with Chicken) is fragrant with richly colored saffron.



1 2½- to 3-pound chicken, cut into serving pieces
½ teaspoon salt
Dash of freshly ground black pepper
1 teaspoon sunflower oil
2 teaspoons unsalted butter or margarine
¾ cup finely chopped onions
1 teaspoon minced garlic
2 teaspoons paprika
1 cup finely chopped tomatoes
1½ cups rice
1 cup fresh or frozen peas
2½ cups boiling water
⅛ teaspoon ground saffron or crushed saffron threads
2 tablespoons finely chopped parsley

Rinse chicken pieces and pat dry with paper towels. Sprinkle with salt and pepper. Heat Dutch Oven over medium heat, and when

drops of water dance when sprinkled in pan, add oil and butter. Add chicken and brown pieces on all sides. Remove chicken from pan and set aside.

Stir onions and garlic in pan until onions are soft and transparent, but not brown. Stir in paprika, then add tomatoes. Bring to a boil and, stirring frequently, allow most of the liquid to evaporate until mixture thickens.

Return chicken to pan and add rice, boiling water, and saffron. Stir all ingredients together and cover pan with Nutri-Tone Control open. When tone sounds, close Control, turn heat to low, and simmer 25–35 minutes, or until chicken is tender and rice has absorbed liquid. Stir in parsley and peas. Cover and let stand 5–10 minutes before serving directly from pan.

Omit salt.

CHICKEN CACCIATORE

Makes 4 servings

1 cup chopped onion
1 teaspoon minced garlic
1 tablespoon olive oil
1 green bell pepper, cut into 2-inch strips
2 tomatoes, seeded and chopped
1 cup sliced mushrooms
1 bay leaf
½ teaspoon dried basil
¼ teaspoon dried marjoram
⅛ teaspoon dried thyme
⅛ teaspoon dried oregano
2 whole chicken breasts, split, skin removed
1 cup tomato sauce
⅓ cup dry white wine or Chicken Stock (see page 110)

Cook onion and garlic in oil over medium heat in Large Skillet, stirring often. When onion is limp, add pepper, tomatoes, mushrooms, bay leaf, and herbs.

Lay breasts, meat side down, over vegetables. Pour on tomato sauce and wine or stock. Cover, with Nutri-Tone® Control open. When tone sounds, close Control and turn heat to low. Cook 1 hour. Serve over spaghetti, linguine, noodles, or rice.

CHICKEN: AROUND-THE-WORLD FAVORITE

Chicken is favored in ethnic cuisines the world over. Each culture has learned to cook this versatile bird in a manner distinctly its own.

Whether with Italian Chicken Cacciatore, left, or other international dishes, countries have left their unique stamp on poultry by adding their own combinations of fruits, vegetables, sauces, herbs, and spices. In some countries, such as Spain and the Philippines, poultry is often combined with other meats or with fish or shellfish. It may be wrapped in leaves and steamed, coated with clay and baked, or prepared in one of the many ways you'll find on these pages, including a small sampling of international favorites.

WHAT'S THAT 'RED' MEAT IN CHICKEN?

Well-done poultry may have meat with a pink cast, while the meat closest to the bone can appear dark, reddish brown. The bones, too, may be very dark in appearance. These changes are the result of freezing, thawing, and heating of the poultry and are no cause for alarm. The discoloration does not affect the flavor, tenderness, or – most importantly – the safety of the meat.

CHICKEN ENCHILADAS

Makes 4 servings

MILD SAUCE

1¾ cups canned, whole tomatoes with juice
1 small onion, halved
1 hot green or red chili pepper, seeded
(see "Caution – Hot Peppers Ahead," page 33)
1 tablespoon minced fresh coriander leaves or parsley
⅛ teaspoon ground cumin

1 chicken breast, halved, skinned, and boned
2 tablespoons sunflower oil
1 cup finely chopped onion
½ cup finely chopped celery
1 clove garlic, minced
1 egg
1 tablespoon milk
1 tablespoon minced fresh coriander leaves
8 corn tortillas
¼ cup plain, low-fat yogurt
2 tablespoons sour cream
4 scallions, sliced diagonally
2 radishes, thinly sliced

Prepare sauce by placing ingredients in blender and processing until smooth. Place sauce in Small Skillet and cook over medium heat, covered with Nutri-Tone® Control open. When tone sounds, close Control and turn heat to low. Cook 20 minutes. Turn off heat and keep covered.

Meanwhile, cut chicken breast into bite-size pieces. Place oil in Large Skillet and heat over medium heat. Add onion, celery, and garlic and stir until onion is translucent. Add chicken and stir 3–4 minutes, just until chicken is cooked through. Beat egg with milk and add to pan along with fresh coriander. Stir until egg is nearly set; remove from heat and cover pan.

To assemble enchiladas, dip corn tortillas, one at a time, in hot sauce only long enough to soften slightly, about 30 seconds. Remove with spatula and place tortilla on work surface; top with portion of chicken filling. Roll up tortilla around filling and place seam-side down on serving platter. Repeat with remaining tortillas and chicken filling. Spoon Mild Sauce over enchiladas. Combine yogurt and sour cream and spoon over top, sprinkling with scallions and radish slices as garnish.

Eliminate sour cream and use only yogurt for topping

BRAISED RABBIT IN PEPPER SAUCE

Makes 6 servings

Serve this "Hasenpfeffer" with potatoes and red cabbage for a traditional German meal.

5- to 6-pound rabbit or two 2½- to 3-pound rabbits
1 teaspoon sunflower oil
2 tablespoons unsalted butter or margarine
½ cup finely chopped shallots or onions
1 teaspoon minced fresh garlic
¼ teaspoon salt
½ teaspoon freshly ground black pepper
1 cup dry red wine or beef stock
1 cup Chicken Stock (see page 110)
2 tablespoons brandy (optional)
1 teaspoon red currant jelly
1 bay leaf
¼ teaspoon dried rosemary
⅛ teaspoon dried thyme
2 tablespoons cornstarch
1 tablespoon lemon juice
1 tablespoon cold water

Cut rabbit into serving pieces; remove fat, rinse, and pat dry. Heat Dutch Oven over medium heat, and when drops of water dance when sprinkled in pan, add oil and butter. Add shallots or onions and garlic to pan and cook over medium heat, stirring frequently, until vegetables are soft, but not brown.

Add rabbit and brown. Sprinkle with salt and pepper. Pour in wine and stock, and add brandy, if desired. (All the alcohol evaporates in cooking.) Scrape loose any browned bits of meat on bottom or sides of pan and stir into liquid.

Stir in jelly, bay leaf, rosemary, and thyme. Cover with Nutri-Tone® Control open. When tone sounds, close Control and turn heat to low. Cook 1 hour for small rabbits, 1½ hours for larger rabbits. Rabbit should be tender, but not falling apart.

Remove rabbit pieces from pan and keep warm. Turn heat to medium-high and reduce sauce by about a third. Combine cornstarch, lemon juice, and cold water. Stir cornstarch mixture into sauce over medium heat for 3–4 minutes. Remove bay leaf. Test for seasoning. (Sauce should be peppery. Add more ground pepper, if needed, to taste.)

Omit salt.

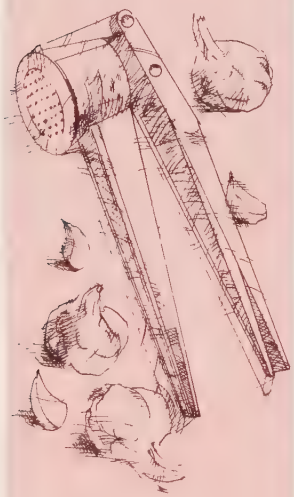
TRY RABBIT IN PLACE OF POULTRY

If you enjoy variety, you can substitute rabbit in any recipe calling for chicken. Rabbit is particularly tasty in highly seasoned dishes, such as Hasenpfeffer, at left. Of course, if you don't have rabbit, a chicken could be substituted here.

Domestic rabbits weigh between 3 and 5 pounds. The meat is fairly white and somewhat less fatty than poultry. Rabbit is more stringy and less delicate in flavor than white meat poultry, but just as healthful.

HOW TO "PRESS" GARLIC

Many recipes call for a garlic clove or two to be "pressed" or "pureed" with a garlic press, rather than minced. If you prefer this method of adding garlic to dishes, invest in a sturdy metal garlic press.



For easiest cleaning of the press, the garlic clove can be placed in the press without being peeled. Then squeeze the handles together over your pan and the garlic will spurt oil, thoroughly crushed and liquified. Open the press and remove the skin. The tiny holes in the press will be neatly cleaned out as the skin is removed. Use a small brush to tap out any remaining garlic in the holes before washing the press.

SPAGHETTI SAUCE WITH SWEET RED PEPPERS AND TURKEY

Makes 4 servings

A delicious use for leftovers and a change of pace from holiday fare.

2 tablespoons olive oil
½ cup chopped onions
½ sweet red pepper, diced
1 cup chopped cooked turkey breast or dark meat
1 cup tomato sauce
1 clove garlic, pushed through a press
¼ teaspoon dried basil, crumbled
¼ teaspoon dried oregano, crumbled
Dash of freshly ground black pepper
Minced fresh parsley, garnish

Heat olive oil in Large Skillet over medium heat and add onions and red pepper. Sauté, stirring frequently, until onions are lightly browned.

Add turkey, tomato sauce, garlic, basil, oregano, and pepper. Cover pan with Nutri-Tone® Control open. When tone sounds, close Control, turn heat to low, and cook 4–5 minutes. Serve over spaghetti and garnish with minced parsley.

CORNISH GAME HENS

Makes 4 servings

Serve on Wild Rice Pilaf (see page 128) for a memorable meal.

4 small Cornish game hens
1 teaspoon sunflower oil
1 tablespoon unsalted butter or margarine
2 onions, halved
8 whole cloves
4 bay leaves
1 bunch watercress or flat-leaf parsley (optional), garnish
Cherry tomatoes, garnish

Wash hens and pat thoroughly dry. Heat Large Skillet over medium heat. When drops of water dance when sprinkled in pan, add oil and

butter. Add game hens and brown 10–12 minutes, using care to avoid tearing skin.

Stick each onion half with 2 cloves and place one onion half in cavity of each game hen along with 1 bay leaf. Cover pan with Nutri-Tone® Control open. When tone sounds, close Control, reduce heat to low and cook game hens 45 minutes, or until a leg moves easily in its socket.

Place rice pilaf on serving platter and arrange game hens on rice. Garnish with watercress or parsley and cherry tomatoes.

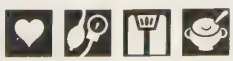
TURKEY MEAT LOAF WITH TOMATO SAUCE

Makes 6 servings

A delicious low-fat version of meat loaf.

1 pound ground turkey
1 green pepper, finely chopped
1 medium onion, finely chopped
1 small carrot, finely shredded
½ celery stalk, finely chopped
1 clove garlic, minced
2 tablespoons minced fresh parsley
1 egg, beaten
¾ cup cooked brown or white rice
2 tablespoons tomato sauce
1 tablespoon soy sauce
1 teaspoon lemon juice
¼ teaspoon dried oregano
⅛ teaspoon dried thyme
⅛ teaspoon paprika
⅛ teaspoon ground coriander
1 cup tomato sauce, heated

Combine all ingredients except 1 cup tomato sauce and pat into even layer in Small Skillet. Cover with Nutri-Tone® Control open and cook over medium heat until tone sounds. Close Control and turn heat to low. Cook 1 hour, remove from heat, open Control, and let stand 10 minutes before serving. Serve tomato sauce on the side.



LEFTOVERS: A MIXED BLESSING

If you've ever peered into your refrigerator and feared you'd stumbled upon a penicillin experiment gone awry, you know the downside of leftovers. But having bits and pieces of meats, vegetables, and poultry can also be inspiring. With some hints, you can use up these leftovers with confidence, losing fewer to the ravages of time.

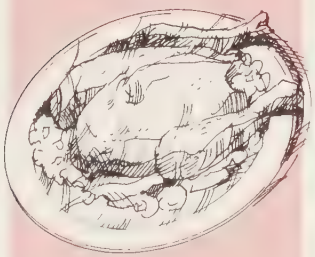
One secret of using leftovers is to limit the number incorporated into any new dish. Note color and texture, too, and aim for contrast. For example, leftover poultry can be accented with tomatoes and fresh green herbs, or with a colorful sauce. Nuts, seeds, and raw vegetables will add crunch to soft, cooked meats, vegetables, and poultry. Or serve soft foods with crisp crackers or crunchy whole-grain rolls.

Since poultry is so highly perishable, refrigerate leftovers immediately. Keep them well chilled or frozen until you are ready to make the new dish. If you are reusing any sauces or gravies, heat them to a boil first. To rewarm plain poultry leftovers you might: thinly slice the meat, then cover with hot gravy or sauce; combine the sliced meat with gravy or sauce in Small Skillet, cover with Nutri-Tone® Control closed and cook over low heat for 5 to 10 minutes; or steam the poultry *over*, not in, boiling water.

STUFFING POULTRY

Game hens, turkey breasts, and whole chickens can be stuffed before cooking. Basic stuffing might consist of bread cubes, onion, and seasonings such as sage and thyme. Rice, bulgur, potatoes, corn bread, or chestnuts can be used in place of bread cubes.

Other additions for stuffings might be nuts, dried fruits, apples, celery, green pepper, or mushrooms. Simmer and plump dried fruits before adding to stuffings. Cool stuffing, pack loosely into neck and body cavities, then truss with string or hold poultry skin together with metal skewers to keep stuffing in place. Cook an additional 5 minutes per pound if poultry is stuffed.



Once poultry is stuffed, cook immediately; do not attempt to hold several hours before cooking or to home-freeze stuffed poultry. The interior of the bird is a perfect breeding ground for bacteria that can cause serious food poisoning. When storing, cool and package the stuffing separately from the bird.

TURKEY SCALLOPINI WITH TOMATOES

Makes 2 servings

Boned turkey breast fillets are a wonderful low-cost, low-fat substitute for veal.

2 turkey breast fillets, skinned and boned (about ¾ pound)
Dash of freshly ground pepper
½ cup flour
1 teaspoon olive oil
1 teaspoon unsalted butter or margarine
1 cup thinly sliced mushrooms
1 clove garlic, minced
1 tablespoon minced fresh parsley
1 tablespoon minced fresh basil or ½ teaspoon dried basil
½ cup diced garden-ripe tomatoes
¼ cup dry white or red wine or Chicken Stock (see page 110)
2 tablespoons freshly grated Parmesan cheese

Pound turkey fillets to little more than ¼-inch thick between two sheets of waxed paper, using a rubber mallet or food masher. Cut fillets in half lengthwise and remove any white tendon; you will have two pieces per serving. Dust with a few grindings of fresh pepper, then dredge in flour, shaking to remove excess.

Heat oil and butter in Large Skillet over medium heat, and add turkey fillets. Cook 2 minutes on each side. Add mushrooms, garlic, parsley, basil, tomatoes, and wine or chicken stock to pan. Cover with Nutri-Tone® Control open. When tone sounds, close Control, reduce heat to low, and cook 30 minutes. Sprinkle fillets with Parmesan cheese and cook an additional 5–10 minutes, until turkey is tender.

TURKEY BREAST

Makes 12 servings

The perfect solution when everyone wants white meat. Use leftovers to make the tasty sandwich spread variation below.

1 4-pound turkey breast
1 small onion

Rinse turkey breast and pat dry. Preheat Dutch Oven 2–3 minutes over medium heat. Place turkey breast in pan, breast side down, and brown.

Turn breast side up and add onion to pan. Cover with Nutri-Tone® Control open. When tone sounds, close Control and turn heat to low. Cook 20 minutes per pound, or 1 hour and 20 minutes for a 4-pound breast.

VARIATION: *Turkey Spread:* Combine 1 cup cubed, cooked turkey breast, ½ carrot, ½ celery stalk, ½ small onion, 3 tablespoons mayonnaise, and 1 teaspoon fresh parsley in a food processor until mixture is smooth. Use in sandwiches, to fill celery stalks, as a dip (thinned slightly with yogurt), or spread on crisp, whole-grain crackers or party breads.

TURKEY SAUSAGE WITH FENNEL SEED

Makes 8 servings

If you want a low-fat alternative to store-bought sausage, try these tasty patties. You'll also be avoiding the preservatives – nitrates and nitrites – found in commercial sausage. You may want to vary the seasonings to find the special blend you like best.

1½ cups ground turkey
2 egg whites
½ cup fresh bread crumbs
¾ teaspoon crumbled dried sage
½ teaspoon salt
½ teaspoon coriander
½ teaspoon fennel seeds
¼ teaspoon dried marjoram
¼ teaspoon dried thyme
¼ teaspoon paprika
¼ teaspoon freshly ground black pepper
⅛ teaspoon summer savory
Dash of freshly grated nutmeg
Dash of cayenne pepper

Combine turkey with remaining ingredients. Form into 8 patties. Preheat Large Skillet 2–3 minutes over medium heat. Place patties in pan. Cook 3–4 minutes; turn and cook remaining side 3–4 minutes, until patties are cooked through.

FLAVORING POULTRY

Herbs are a flavorful accompaniment and complement to many foods. Because herbs impart distinct flavors and aromas, the need for salt can be tapered or eliminated from herb-seasoned dishes.

Make up one or two of the blends below and keep on hand for seasoning plain poultry dishes or your favorite casseroles:

POULTRY BLEND #1

2 teaspoons dried chervil
2 teaspoons dried marjoram
2 teaspoons dried tarragon
(Makes about 2 tablespoons)

POULTRY BLEND #2

1 teaspoon dried basil
1 teaspoon dried chervil
1 teaspoon dried marjoram
1 teaspoon dried parsley
¼ teaspoon dried thyme
(Makes about 1½ tablespoons)

POULTRY SEASONING

3½ teaspoons ground white pepper
1½ teaspoons dried sage
1 teaspoon dried thyme
1 teaspoon dried marjoram
1 teaspoon dried savory
1 teaspoon ground ginger
½ teaspoon ground allspice
½ teaspoon freshly grated nutmeg
(Makes about 3 tablespoons)

LEMONS: "C" UNDER THE SKIN

Lemon tastes so delicious when splashed in a cold drink or squeezed over a melon. Of course, this citrus fruit is so versatile that its uses hardly stop there! Lemon can flavor everything from soups to salads, casseroles to desserts. It is a boon to those who must avoid sodium, because its flavor provides a marvelous substitute for salt.

The lemon peel, which contains concentrated, flavorful oils, is appropriately named "zest." It can add zip to many dishes: stuffings, sauces, meats, fish, stews, and desserts. When purchased at the supermarket, lemons are usually coated with a thin layer of wax, added to protect them during shipping. This waxy coating can be removed by lightly scrubbing the lemon with a brush, using a small amount of detergent in water. Rinse well. When grating or peeling zest, take only the brightly colored outer coating. The white part beneath is bitter. Use zest with a light touch, since it contains such concentrated flavor.

Juicing lemons will be most successful if you begin by rolling the fruit on a work surface, pressing down firmly with the palm. Note that this delightful citrus fruit is bursting with vitamin C – important in healing, immunity, and healthy circulation. In both flavor and nutrition, lemons score highly.

GREEK LEMON-GARLIC CHICKEN

Makes 4 servings

Removing skins before cooking lowers the fat content of this succulent chicken dish.

2 whole chicken breasts, split
1 tablespoon olive oil
¼ teaspoon salt
Dash of freshly ground pepper
5 cloves garlic, thinly sliced
1 tablespoon minced fresh parsley
2 lemons, thickly sliced, seeds removed
Parsley sprigs, garnish
Lemon slices, garnish

Remove skins from breasts and pat dry with paper towels. Place oil in Large Skillet over medium heat and, when hot, add chicken breasts, meat side down. Brown and turn to brown remaining side.

Sprinkle chicken with salt, pepper, garlic, and parsley and arrange lemon slices over breasts. Cover pan with Nutri-Tone® Control open and cook until tone sounds. Close Control, reduce heat to low, and cook 30 minutes, or until chicken breasts are tender. Garnish with parsley sprigs.

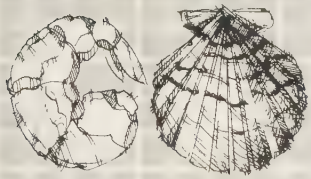
Omit salt.

HERBED CHICKEN DRUMSTICKS

Makes 4 servings

8–10 chicken drumsticks
½ teaspoon herbal seasoning (see "Flavoring Poultry," page 75)

Preheat Large Skillet over medium heat 2–3 minutes. Add drumsticks in one layer. Place cover on pan and leave slightly ajar. Cook 10 minutes or until browned. Turn drumsticks and sprinkle with seasoning. Cover with Nutri-Tone® Control closed and cook 15–20 minutes or until tender.



FISH

As interest in light, healthy eating grows, fish and other seafoods are gaining in popularity. And, no wonder – seafood, an excellent source of protein, is low in fat and calories. Even the "fattiest" of fish, mackerel, is only 12 percent fat, and the leanest, cod, has a fat content so low it must be measured in a fraction of 1 percent. So you can see that, as long as the fat and calorie counts aren't inflated by rich sauces or excess oil from frying, seafood fits right in with light, healthy eating.

Try Marinated Sole with Fresh Tomato-Coriander Sauce to see how flavorful a light sauce can be. Bluefish, enhanced with a combination of scallions, ginger, and soy sauce, is another tasty option. In summer, Seafood Salad or chilled poached scallops with Cucumber-Dill Sauce are delicious possibilities for serving as either main dishes or appetizers.

In addition to terrific taste and healthful goodness, researchers have found an added bonus in fish. They've discovered a link between the prevention of heart disease and the special oils in certain kinds of fish, called omega-3 fatty acids. It is believed that these fish oils can help lower blood cholesterol and reduce the tendency of circulating blood to form clots. Fish that are high in omega-3 fatty acids include tuna, salmon, trout, sardines, swordfish, herring, and mackerel. Among shellfish, mussels, oysters, and scallops contain generous amounts of these healthful oils.

When eating out, fish is often the best health bet on the menu. Just check to be certain the fish is broiled, poached, steamed, or stir-fried in very little oil. Opt for tomato sauce or a squeeze of lemon in place of tartar sauce, hollandaise, or bearnaise sauce, and you will enjoy the best of seafoods without sacrificing flavor or your commitment to good health.

CHOOSING FISH IN THE MARKET

Examine fish carefully before you buy. There are several things to notice. First, look at the eyes. If the eyes are dull, cloudy, or sunken, the fish is not fresh. Fresh fish will have bright, clear, bulging eyes. Look for red gills. As the fish deteriorates, gills will fade to pink, then turn gray, and finally brownish-green. Fresh fish has firm flesh, a stiff body, and tightly attached scales. The surface should be smooth with no slimy feel.

When choosing fish fillets, rely on your sense of smell. As with whole fish, fresh fillets will have a fresh "briny" odor, without a strong fishy odor. Fish fillets should also be moist, but not slimy, and show no traces of browning or drying around the edges.

To keep fish fresh when you get it home, place ice in two self-sealing plastic bags. Lay one of the bags on a plate, top with the fish, wrapped in plastic film, and cover fish with the remaining bag of ice. This will keep the fish well chilled without freezing. Use within a day of purchase.

TUNA STEAKS WITH HONEY-SCALLION MARINADE

Makes 4 servings

¼ cup sliced scallions (white portions only)
1 tablespoon olive oil
1 tablespoon lemon juice
1 tablespoon soy sauce
1 tablespoon honey
4 tuna steaks
2 tablespoons green scallion tops, diagonally sliced, garnish

Place scallions, oil, lemon juice, soy sauce, and honey in blender and process on medium speed until smooth. Place tuna steaks in Large Skillet and add marinade, turning tuna to coat. Cover and refrigerate 20 minutes.

Place pan on medium heat with Nutri-Tone® Control open. When tone sounds, close Control and turn heat to low. Cook 5–7 minutes, depending on thickness of steaks, until fish is opaque throughout. Sprinkle with sliced scallion greens before serving.

Reduce soy sauce to 2 teaspoons.

HADDOCK WITH GARDEN VEGETABLES

Makes 4 servings

A medley of fresh flavors complements haddock; or substitute other lean fish fillets.

3 scallions, thinly sliced
1 sweet Italian frying pepper or ½ red bell pepper, cut in 2-inch strips
1 small zucchini, sliced
1 small yellow summer squash, sliced
2 cups cherry tomatoes, halved, or chopped tomatoes
6 basil leaves, minced, or ½ teaspoon dried basil
1 tablespoon minced fresh parsley
Dash of freshly ground black pepper
1 pound haddock fillets, cut in serving pieces

Place scallions, pepper strips, squash slices, tomatoes, basil, parsley, and dash of pepper in Large Skillet and stir until combined.

Place Skillet over medium heat and cover with Nutri-Tone® Control open. When tone sounds, close Control and turn heat to low. Cook 15 minutes. Remove cover.

Place haddock fillets in pan, spooning some sauce over each. Cover with Control closed and continue to cook over low heat 5–8 minutes, or just until fillets are opaque throughout. Serve hot over cooked brown rice.

MARINATED SOLE WITH FRESH TOMATO-CORIANDER SAUCE

Makes 2 servings

4 sole fillets
¼ cup lime juice
2 tablespoons dry vermouth or lemon juice
1 teaspoon olive oil
2 cloves garlic, minced
1 garden-ripe tomato, chopped
1 tablespoon minced fresh coriander leaves
Dash of freshly ground black pepper

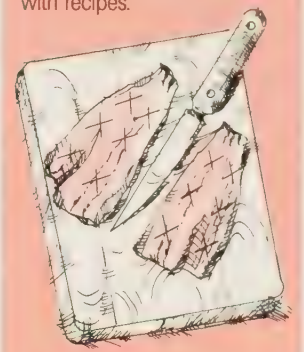
Marinate sole fillets in lime juice and vermouth or lemon juice for 15–20 minutes. Meanwhile, place oil in Small Skillet and add minced garlic.

Stir garlic over medium heat for about 1 minute, then add chopped tomato, coriander, and black pepper. Cover with Nutri-Tone® Control open and cook over medium heat until tone sounds. Close Control and turn heat to low. Cook 10 minutes. Remove cover and mash tomatoes with back of spoon.

Drain fish fillets, reserving 2 tablespoons of marinade. Stir reserved marinade into tomato mixture and arrange fillets over top of sauce. Cover pan with Control closed. Cook over low heat 10–15 minutes, until opaque throughout. Carefully remove fillets to serving plate. Spoon tomato-coriander sauce over fish and serve with cooked brown rice.

PAN-COOKING FISH FILLETS

If you've purchased fish fillets with skin on, rinse and remove any loose scales. Pat dry before proceeding with recipes.



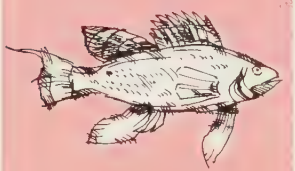
To prevent skinless fish fillets from curling while they cook, score the fillets. To do this, place fillets on work surface with the darker, slightly rougher side facing up.

Using a sharp knife, cut a series of shallow "X"s through the dark membrane, but not into the fillet. Proceed with any recipe to prepare fillets.

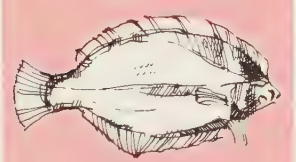
To test doneness, see that the fish has turned from translucent to opaque throughout. Fish should remain moist. If fish is flaky, it is dry and overcooked.

FAT CONTENT VARIES WITH FISH

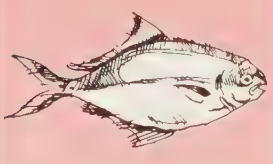
While fish is generally considered a low-fat protein source, fat content does vary. Here are a variety of fish arranged by percentage of fat content:



■ Very low in fat (less than 2 percent): cod, halibut, rockfish, sea bass.



■ Low in fat (2 to 5 percent): bluefish, catfish, flounder, haddock, red snapper, shark, sole, turbot.



■ Moderately high in fat (6 to 10 percent): albacore tuna, mullet, pompano, salmon, swordfish, trout.

■ Relatively high in fat (more than 10 percent): mackerel, shad, shad roe.

BLUEFISH AND GREEN ONIONS

Makes 2 servings

¾ pound thick bluefish fillet
1 tablespoon soy sauce
2 tablespoons dry white wine or lemon juice
1 tablespoon water
¼ cup finely chopped scallion
1 tablespoon finely chopped fresh gingerroot
1 tablespoon minced fresh parsley

Place fillet skin side up in Large Skillet with soy sauce, wine or lemon juice, and water. Marinate 20 minutes, turning after 10 minutes. Combine green onion and gingerroot and press onto bluefish.

Cover with Nutri-Tone® Control open and cook over medium heat until tone sounds. Close Control and turn heat to low. Cook fillet 10 minutes or until opaque throughout. Cut into serving pieces and sprinkle with minced fresh parsley.

Reduce soy sauce to 1 teaspoon.

SALMON BURGERS

Makes 4 servings

Soft-cooked rice holds patties together without adding egg. Serve with potatoes or noodles, a vegetable, and salad.

½ cup cooked brown or white rice
4 tablespoons lemon juice
1 can (16 ounces) salmon, drained
1 small carrot
1 small onion, quartered
½ teaspoon grated lemon rind
1 teaspoon olive oil
1 teaspoon unsalted butter or margarine
Lemon wedges, garnish
Dill sprigs, garnish

Place cooked rice and lemon juice in small Sauce Pan. Cover with Nutri-Tone® Control open and cook over medium heat until tone sounds. Close Control, turn heat to low and cook 3–4 minutes, just until rice is quite soft.

Meanwhile, flake salmon into mixing bowl and crush bones, adding to fish. Place carrot, cut into chunks, and onion in food processor or

blender with soft-cooked rice. Process on medium speed until smooth.

Stir blended rice mixture and lemon rind into salmon until combined. Form salmon mixture into 4 patties. Place oil and butter in Large Skillet over medium heat and when butter melts, add salmon burgers.

Cook burgers until browned, about 4–5 minutes, then turn carefully and cook another 4–5 minutes to brown other side.

VARIATION: *Dilled Salmon Burgers:* Add 2 tablespoons minced fresh dillweed (or ½ teaspoon dried) to salmon mixture before cooking patties.

POACHED BAY SCALLOPS

Makes 4 servings

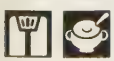
Serve bay scallops on a bed of lettuce. The Cucumber-Dill Sauce is also delicious on poached fish; serve at room temperature with hot fish and chill to serve with cold fish dishes.

¼ cup dry white wine, Fish Stock (see page 113), or lemon juice
1 tablespoon minced shallots or scallions (white part only)
1 pound bay scallops

Place wine, stock, or lemon juice in Large Skillet with minced shallots or scallions. Cover with Nutri-Tone® Control open and cook over medium heat until tone sounds. Add scallops and replace lid. When tone sounds again, briefly stir scallops, then close Control and reduce heat to low. Cook 2–3 minutes, just until scallops feel "springy" to the touch.

Drain scallops. Scallops can be served hot over rice with Cheese Sauce (see page 83). To serve chilled, cool scallops, then toss with Cucumber-Dill Sauce (see recipe at right) before refrigerating. Serve on a bed of lettuce or in scallop shells (serves 6 as an appetizer).

NOTE: Bay scallops are small, nutty, and sweet. Calico "scallops," pressed from firm-fleshed fish, are not true scallops, but are less expensive and can be substituted. If using the larger sea scallops, quarter them.



Omit cheese sauce.

CUCUMBER-DILL SAUCE

Dill is a natural complement to fish and shellfish. Serve with chilled, poached fish steaks or fillets for a light summer meal or appetizer any time of year. To prepare the sauce, place in a food processor or blender ¼ cup diced, peeled, and seeded cucumbers; ¼ cup packed fresh dillweed, rinsed and dried; ¼ cup plain low-fat yogurt; ¼ cup mayonnaise; ½ clove garlic, minced or pushed through a press; a dash of freshly ground black pepper; and a dash of ground hot red pepper. Process on medium speed until smooth.

▲ **Broccoli-Stuffed Flounder with Cheese Sauce sets the tone for an elegant dinner party. Accompany the fish with colorful Honey-Minted Cherry Tomatoes (page 108), a variation of Two-Minute Cherry Tomatoes.**

BROCCOLI-STUFFED FLOUNDER WITH CHEESE SAUCE

Makes 4 servings

For simplicity and elegance, this dish outshines most others.

2 large stalks broccoli
1 tablespoon lemon juice
8 flounder fillets
1 cup Cheese Sauce (see recipe at right)
Lemon slices, garnish
Paprika, garnish

Cut broccoli about 4 inches from top. Save stems for another use. Separate into individual florets. Place in Sauce Pan, rinse, drain, and cover with Nutri-Tone® Control open. Cook over medium heat until tone sounds. Close Control, turn heat to low, and cook 2 minutes. Sprinkle with lemon juice.

Wrap flounder fillets around 2 broccoli florets, placing stem ends toward the center so that broccoli tops extend just slightly from each

end of the rolled fillets. Arrange, seam side down, in Large Skillet. Cover with Control open and cook over medium heat until tone sounds. Close Control and cook 10–15 minutes, just until fillets are opaque throughout.

Serve from pan or carefully arrange on platter, spooning Cheese Sauce down center of stuffed fillets. Garnish with lemon slices and a dusting of ground paprika.

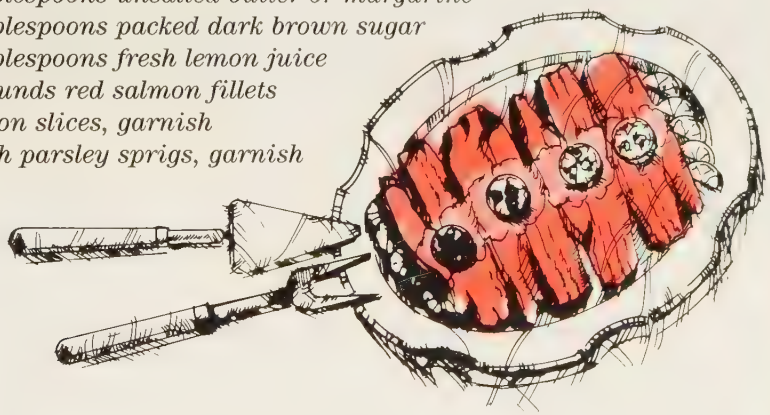
Omit cheese sauce; substitute tomato sauce, if desired.

LEMON-GLAZED SALMON FILLETS

Makes 4 servings

When company is coming, an elegant salmon dish makes an impressive main course.

2 tablespoons unsalted butter or margarine
2 tablespoons packed dark brown sugar
2 tablespoons fresh lemon juice
2 pounds red salmon fillets
Lemon slices, garnish
Fresh parsley sprigs, garnish



Place butter in Large Skillet and set over medium heat until melted. Stir in brown sugar and lemon juice until combined.

Lay salmon fillets over lemon glaze, skin side up, and cover with Nutri-Tone® Control open. When tone sounds, close Control, reduce heat to low, and cook 6–8 minutes, until opaque.

Carefully transfer fish to serving platter, placing skin side down. Return heat to medium and boil down sauce until thickened, stirring constantly. Drizzle sauce from pan over fillets. Garnish with lemon slices and parsley sprigs and serve.

Use 1 tablespoon margarine.

CHEESE SAUCE

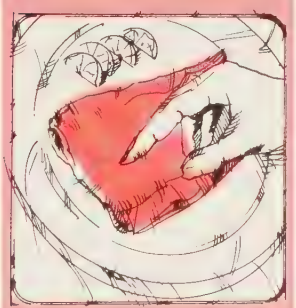
This light cheese sauce is delicious on poached fish or steamed vegetables. To prepare it, place 1 tablespoon sunflower oil and 1 tablespoon unsalted butter or margarine in small Sauce Pan and set on medium heat. When butter has melted, stir in 1 tablespoon unbleached flour and cook, stirring about 1 minute. Remove from heat. When cooled slightly, stir in ¾ cup skim milk and return to heat. Stir constantly until sauce thickens slightly. Add ½ cup shredded Cheddar cheese and, when it begins to melt, remove from heat and continue stirring until cheese is entirely melted and combined with sauce. Serve hot. To reheat, add a few drops of milk, if needed, and stir over low heat until smooth.

For Cheese Sauce Florentine, stir ¼ cup cooked chopped spinach into sauce after it has thickened and before adding cheese. Stir until heated through, then add cheese as described above.

REMOVING BONES FROM FISH FILLETS

Because fish is so low in fat and calories and high in protein, it is a desirable addition to the diet. Some people avoid eating fish, however, because they find the bones objectionable. Knowing how to remove bones from fish fillets may encourage reluctant eaters.

Most fish fillets (excluding shad and pike, which have many "floating" bones) are free of bones except for one row about a third of the way back from the wide end of the fillet. Once the fish is cooked, run your finger over that section of the fillet. The bones – there will be about 8 to 10 – can be easily removed with the fingers.



BREADED HADDOCK FILLETS

Makes 4 servings

Breading is a good technique to use when cooking delicate fish; the crumbs hold the fish together.

1¼–1½ pounds haddock fillets or other lean fish
¾ cup unbleached flour
¼ teaspoon freshly ground pepper
1 egg, beaten
1 tablespoon water
1 teaspoon sunflower oil
1½ cups fresh bread crumbs
1 tablespoon clarified butter (see "Clarifying Butter," page 67)
Lemon wedges

Score haddock fillets and cut in half lengthwise. Pat fillets dry, then dredge in flour-and-pepper mixture. Shake off excess flour.

Combine egg, water, and oil in large, shallow bowl. Dip fillets in egg mixture, letting excess drain back into bowl. Roll fillets in bread crumbs until coated. Place fillets on plate, cover, and refrigerate ½ hour so crumbs adhere to fish.

Heat Large Skillet until drops of water dance when sprinkled in pan. Add clarified butter and fillets. Cook fillets 2 minutes on each side, just until fish is cooked throughout. Serve hot with lemon wedges.

Use vegetable oil spray in place of clarified butter.

SWEET AND SOUR SHRIMP

Makes 4 servings

Slightly tart, yet sweet and flavorful, shrimp prepared in this manner will be a treat for the taste buds.

1½ pounds large shrimp
1 tablespoon safflower oil
2 carrots, thinly sliced
1 medium onion, thinly sliced
½ red, green, or yellow bell pepper, cut into julienne strips
3 scallions, sliced diagonally
2 stalks broccoli florets, separated (save stems for another use)

▲ **Sweet and tangy, this Sweet and Sour Shrimp is studded with colorful peppers and broccoli. Serve over brown rice for maximum nutrition and taste.**

SAUCE

3 tablespoons rice wine or vinegar
¼ cup tomato sauce
¼ cup water
2 tablespoons packed dark brown sugar
2 teaspoons cornstarch
1 teaspoon soy sauce
½ teaspoon minced garlic
½ teaspoon fresh ginger or ⅛ teaspoon ground ginger

Peel and devein shrimp (see "Cleaning and Deveining Shrimp," page 86). Prepare sauce by combining all ingredients in small bowl. Heat Large Skillet over medium heat until drops of water dance when sprinkled in pan. Add oil, then carrots and onion, and cook 2 minutes, stirring constantly.

Add pepper strips, scallions, broccoli, and shrimp to pan and stir until combined with carrots. Pour in sauce and cover with Nutri-Tone® Control open. When tone sounds, close Control, reduce heat to low, and cook 6–8 minutes, until shrimp are opaque throughout and vegetables are crisp-tender. Serve over rice.

CLEANING AND DEVEINING SHRIMP

Shrimp come in a variety of sizes. Prawns, though slightly different in taste and texture, can be substituted for shrimp. Fresh shrimp are dry and firm to the touch. One pound of shrimp in the shell or ½ pound of clean, shelled shrimp will serve three.

Shrimp can be cleaned and deveined either before or after cooking. Since the shells add much flavor to cooking liquids, you may want to clean them after cooking and cooling. Whenever you choose to clean the shrimp, the technique is the same. Grasp the shell in one hand, the tail in the other, and give a tug. The shell should release easily. The shell can also be removed by grasping along the underside of shrimp and peeling up across the back.

To devein shrimp, use a small serrated knife to cut a shallow slit in the back (outside curve) of the shrimp. Re-move the dark vein (the intestine) all the way back to the tail. The tail portion of the shell can be removed or left in place for serving.

SEAFOOD SALAD

Makes 6 servings

A combination of shrimp and fish creates a flavorful salad. Serve chilled on a bed of red leaf lettuce and garnish with cherry tomatoes and sprigs of fresh tarragon.

1 pound cod, haddock, or salmon fillets
½ pound large shrimp, shelled and deveined (see "Cleaning and Deveining Shrimp," at left)
¼ cup dry white wine (or substitute 2 tablespoons lemon juice, 2 tablespoons water)
1 cup diced celery
2 scallions, thinly sliced
¼ cup plain, low-fat yogurt
2 tablespoons mayonnaise
1 teaspoon Dijon-style mustard
1 teaspoon lime juice
1 teaspoon minced fresh tarragon
Dash of freshly ground black pepper
Red leaf lettuce, garnish
Cherry tomatoes, garnish
Fresh tarragon sprigs, garnish

Place fish and shrimp in large Sauce Pan with wine. Cover with Nutri-Tone® Control open and cook over medium heat until tone sounds. Close Control and turn heat to low. Cook 6–8 minutes, until shrimp is pink and fish is opaque throughout.

Drain and allow fish to cool. Cut fish into generous bite-size pieces, removing any bones. Cut shrimp into thirds. Combine celery, scallions, yogurt, mayonnaise, mustard, lime juice, and tarragon in medium bowl. Add shrimp and fish and gently toss until combined. Line salad bowl or plate with lettuce leaves. Garnish with cherry tomatoes and tarragon.

VARIATION: To serve 8 as an appetizer, mound Seafood Salad in scallop shells and garnish with fresh tarragon or parsley sprigs.

Reduce mayonnaise to 1 tablespoon.

MAKO SHARK IN WHITE WINE

Makes 2 servings

Mako shark is so tasty that it needs only a brief poaching in white wine or vermouth to bring out its flavor. Although the alcohol evaporates during cooking, you may want to substitute lemon juice for

poaching. Swordfish steaks or salmon steaks can be used in place of shark.

2 mako shark steaks
2 tablespoons white wine or dry vermouth
Lemon slices, garnish
Fresh herb sprigs, garnish

Place shark steaks in Small Skillet. Add white wine or vermouth. Cover with Nutri-Tone® Control open and cook over medium heat until tone sounds. Close Control, reduce heat to low, and cook 8–10 minutes, until shark is opaque throughout. Remove fish from pan and keep warm. Cook down liquid over medium heat until syrupy and pour over steaks.

Serve with rice pilaf, garnished with lemon slices and sprigs of herbs.

SWORDFISH STEAKS WITH BASIL AND SHRIMP

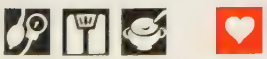
Makes 2 servings

2 swordfish steaks
1 tablespoon lemon juice
1 tablespoon dry vermouth or additional lemon juice
6 fresh basil leaves, cut in strips
4 medium shrimp, shelled and deveined (see "Cleaning and Deveining Shrimp," page 86)
Lemon slices, garnish
Sprigs of basil, garnish

Place swordfish steaks in Small Skillet and add lemon juice and vermouth, if desired. Sprinkle minced basil on steaks. Cut shrimp into quarters and scatter over swordfish.

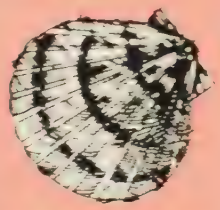
Cover pan with Nutri-Tone® Control open and cook over medium heat until tone sounds. Reduce heat to low, close Control and cook 8–10 minutes, until swordfish is opaque throughout. Place on individual plates; garnish with lemon slices and sprigs of basil.

VARIATION: Substitute fresh dill or parsley sprigs for fresh basil.



Omit shrimp.

SELECT SEAFOODS WISELY



Keep your health in mind when selecting seafood. Shrimp, for example, is moderately high in cholesterol and should be limited by those on a low-cholesterol diet. Shellfish is also relatively high in sodium, a consideration for those with high blood pressure. In

addition, some fish are dipped in a salt solution before being frozen, so use fresh fish if you must limit sodium intake. Choose seafoods wisely to maximize their contribution to your good health.

▶ **Sliced turkey breast (page 74) is a favorite during the holidays.**

▼ **Chicken Enchiladas (page 70) are ablaze with color: Tomatoes, scallions, radishes, and fresh coriander highlight a low-fat nutritious south-of-the-border style main dish.**

▲ **Poached Chicken Vinaigrette (page 67), a variation of Minted Chicken Salad with Pineapple, is a crisp main dish for hot-weather dining.**

▲ For visual impact, serve Zucchini and Carrots with Pesto (page 98), a variation of Carrot Nests with Peas, in a hollowed-out, steamed squash.

VEGETABLE SIDE DISHES

Vegetables are our natural allies. Low in calories and fat, high in nutrients and fiber, vegetables can contribute a host of benefits to our good health. Unlike some things that are "good for us," vegetables are delightfully delicious. Their considerable built-in flavor, however, is delicate enough to be overcome by salt and heavy sauces.

If your palate has become salt-jaded, give yourself a chance to recover. Your taste buds will soon be re-tuned to the symphony of flavors Mother Nature employs. To maximize their potential, always choose the freshest vegetables available. A limp stalk of broccoli or a forlorn-looking carrot has already lost a good part of its flavor and valuable nutrition. Grow your own vegetables, stop at local farmers' roadside markets, or prowl ruthlessly among the aisles of your supermarket produce section.

Choose vegetables in season. Not only are they cheaper, but they have generally spent less time in transit – losing nutrients and flavor – before reaching your table. Frozen vegetables are the best substitute when fresh are not available.

Like anything valuable, vegetables must be treated with care. Don't peel thin-skinned vegetables, such as carrots or potatoes. Scrubbing is sufficient. A wealth of nutrients lies just below the skin. Don't drown vegetables in water or salt before cooking. Both rob vital nutrition. By cooking vegetables as briefly as possible over low heat, in just the water that clings to them after rinsing, your vegetables will maintain their delicate flavors and health-enhancing benefits.

VEGETABLE COOKING GUIDE

Select the correct size pan. Vegetables should fill at least ⅔ of the pan. Cover vegetables with water, shake pan, and drain. This restores water lost by the vegetables in transit from field to kitchen. Do not rinse frozen vegetables; just cook them as they are packaged.

Cover pan with Nutri-Tone® Control open and set over medium heat. When tone sounds, close Control and turn heat to low or off, to retain seal. Use the time chart below as a guide. If you enjoy vegetables crisp-tender, or if the vegetables will be used in a salad or cooked further in another dish, choose the briefest time shown, or even a bit less. If you like your vegetables more tender, use the longer time shown, or a bit more. Frozen vegetables require the shorter cooking times; precooked vegetables take considerably less time.

VEGETABLE	MINUTES
Asparagus, whole spears	5 – 7
Beans, green or wax	8 – 10
Beans, lima	12 – 15
Beets, red, whole medium	50 – 60
Broccoli spears	3 – 5
Brussels sprouts	9 – 10
Cabbage, sliced	4 – 6
Carrots, sliced	9 – 10
Cauliflower, separated	4 – 6
Celery, sliced	7 – 8
Corn, kernels, frozen	½ – 1
Corn on the cob	12 – 15
Mushrooms, sliced	10 – 15
Mushrooms, whole	15 – 20
Okra	8 – 10
Onions, sliced	9 – 12
Onions, whole, small	12 – 15
Peas, fresh or frozen	2 – 3
Peppers, green or red	4 – 5
Potatoes, sweet, cubed	15 – 20
Potatoes, white, cubed	13 – 15
Potatoes, white, whole, medium	20 – 25
Snow peas	3 – 5
Spinach, fresh	2 – 3
Squash, summer, sliced	4 – 6
Squash, winter, diced	13 – 15

GARDEN VEGETABLE SALAD

Makes 6 servings

8 potatoes, cubed
2 carrots, cut into julienne strips
2 stalks broccoli
1 small zucchini
½ red onion
½ cup Vinaigrette Dressing (see page 108)

Place unpeeled, cubed potatoes in Sauce Pan; rinse and drain. Cook over medium heat with Nutri-Tone® Control open. When tone sounds, close Control, reduce heat to low, and cook until tender.

13 – 15 minutes. Meanwhile, place carrots in serving bowl. Cut broccoli into florets, saving stems for another use. Coarsely chop broccoli florets. Cut zucchini in half lengthwise, and thinly slice. Cut onion into thin slices. Add vegetables to carrots in serving bowl.

When potatoes are tender, toss with vegetables and dressing. Serve salad at room temperature.

VARIATION: *Green Bean Potato Salad:* Omit carrots, broccoli, and zucchini. Substitute 4 cups cut green beans. Cook potatoes as in basic recipe above, adding beans to Sauce Pan when potatoes have cooked 5 minutes. Continue to cook an additional 10 minutes. Toss with thinly sliced red onion and dressing. Serve at room temperature. If salad will not be served promptly, run vegetables under cold water to stop cooking. Add dressing and toss before serving.

▲ **Green Bean Potato Salad, a variation of Garden Vegetable Salad, is highlighted with red onion and a tasty vinaigrette dressing.**

AUTUMN ACORN SQUASH RINGS

Makes 4 servings

Highlight festive occasions with succulent and attractive acorn squash rings.

1 small-to-medium acorn squash
2 teaspoons unsalted butter or margarine
1 tablespoon dark brown sugar
1 tablespoon apple juice or cider
Dash of freshly grated nutmeg

Trim stem ends and tip of squash. Cut into 4 slices of equal thickness. Remove seeds.

Place butter or margarine in Large Skillet over medium heat. When melted, stir in brown sugar and apple juice until combined. Arrange squash rings in one layer in bottom of pan. Sprinkle lightly with nutmeg.

Cover with Nutri-Tone® Control open. When tone sounds, close Control, reduce heat to low, and cook 13–15 minutes, until squash is tender. Remove cover and turn squash to glaze remaining sides. If necessary, simmer off any excess moisture over medium heat, then serve.

▶ **Spiced Green Beans with Peanuts, a variation of French-Cut Beans Almondine, combines colorful dried red chili peppers with garden beans and peanuts.**

FRENCH-CUT BEANS ALMONDINE

Makes 4 servings

1 pound green beans
¼ cup sliced almonds
1 teaspoon unsalted butter or margarine (optional)
2 tablespoons minced fresh parsley

Prepare green beans by cutting 2-inch pieces on very sharp diagonal. Place almonds in Small Skillet and stir over low heat until lightly browned. Set aside and let pan cool completely.

Rinse and drain green beans in Sauce Pan and cover with Nutri-Tone® Control open. Cook over medium heat. When tone sounds, close Control and turn heat to low. Cook about 8–10 minutes, just until beans are firm-tender. Toss with almonds, butter, or margarine, if desired, and parsley. Serve hot.

VARIATIONS: *French-Cut Green Beans in Tomato Sauce:* Cook beans as in basic recipe above; add 3 tablespoons tomato sauce when

beans are firm-tender and stir over medium heat until heated through; sprinkle with parsley and serve. *Green Beans Provencale:* Cook as in basic recipe above; toss in 1 teaspoon light olive oil in place of butter, ½ small clove of garlic, pushed through garlic press, and parsley. *Green Beans with Peanuts:* Leave beans whole. Lightly toast 2 tablespoons raw blanched peanuts in place of almonds. Cook beans as in basic recipe above, toss with peanuts, and serve. For a spicier dish, cook beans, combine with toasted peanuts, add 1 teaspoon peanut oil and ⅛ teaspoon dried red pepper flakes and stir over medium heat to coat beans before serving. *Spanish Green Beans:* Add 2 tablespoons chopped onion and 2 tablespoons chopped green pepper to beans for cooking; add grinding of fresh black peppercorns and ¼ cup chopped, seeded tomatoes, and heat through before serving.

GREEN BEAN SALAD

Makes 4 servings

Marinated green beans are the basis for this German "Bohnensalat."

3 tablespoons red wine vinegar
3 tablespoons olive or sunflower oil
¼ cup Chicken Stock (see page 110)
½ teaspoon salt
Dash of freshly ground black pepper
1 teaspoon finely chopped fresh dill
1 teaspoon chopped fresh parsley
1 pound green beans

In small bowl, combine vinegar, oil, stock, salt, pepper, dill, and parsley. Beat with whisk until well blended. Set aside.

Trim beans and cut into 2½–3-inch lengths. Place in Sauce Pan, rinse, drain, and set over medium heat. Cover with Nutri-Tone® Control open. When tone sounds, close Control, turn heat to low, and cook 8–10 minutes, until crisp-tender. Remove from heat and run cold water over beans to stop cooking and set color. Drain beans and spread out on paper towels to dry. Dry pan. Return beans to pan and cover with marinade, tossing well. Cover with Control closed; refrigerate 1 hour before serving.

Omit salt.

GET FRESH WITH HERBS

Dried herbs are handy when seasoning many dishes, but for delicate aroma and taste, nothing beats fresh. Many supermarkets are now stocking fresh herbs as their unmatched flavor becomes more widely appreciated.

If you can't locate them in your local store, however, don't give up. Seeds for many delicious herbs are available and are easily grown in your garden or even potted on a deck. No garden or deck? One French chef who lives in New York City grows herbs in pots on a windowsill facing a brick wall. With any amount of sunlight in your kitchen windows, you should be able to follow suit!

▲ **A sweet combination, carrots and parsnips get a colorful lift with minced fresh parsley.**

CHUNKY CARROTS AND PARSNIPS

Makes 4 servings

Discard cores of parsnips if they are "woody."

3 carrots
2 small parsnips
1 scallion, white portion only, thinly sliced
1 tablespoon unsalted butter or margarine (optional)
2 tablespoons minced fresh parsley
1 tablespoon minced fresh basil (optional)
1 teaspoon lemon juice

Cut carrots and parsnips in half lengthwise, then cut into 1-inch pieces. Combine carrots and parsnips; rinse and drain in Sauce Pan. Add scallion. Cover with Nutri-Tone® Control open and cook over medium heat until tone sounds. Turn heat to low, close Control, and cook 10–15 minutes, or until vegetables are just tender.

Remove from heat and toss with butter, if desired, herbs, and lemon juice. Serve hot.

Omit butter or margarine.

GLAZED CARROTS

Makes 6 servings

Add a touch of glamour when holiday time rolls around. Modest amounts of butter and sugar will add just the right touch and flavor.

4–6 carrots, depending on size
2 teaspoons unsalted butter or margarine
2 teaspoons dark brown sugar

Trim off ends of carrots and slice thick, on diagonal. Place in Sauce Pan, rinse, and drain. Set over medium heat and cover with Nutri-Tone® Control open. When tone sounds, close Control and turn heat to low. Cook about 10 minutes, until firm-tender.

Add butter and sugar and stir over medium heat until any excess moisture has evaporated and carrots are evenly coated with glaze.

Use 1 teaspoon margarine.

EGGPLANT MEDITERRANEAN-STYLE

Makes 4 servings

1 medium eggplant
1 large clove garlic
⅛ teaspoon salt
1 tablespoon olive oil
1 tablespoon lemon juice
2 tablespoons minced fresh parsley, garnish

Wash eggplant and place in Steamer Inset over 1 inch boiling water. Cover with Nutri-Tone® Control closed and steam over medium heat 20–30 minutes, until eggplant is quite tender when pierced with sharp knife.

While eggplant is cooking, push garlic clove through press or peel and crush with side of heavy chef's knife. Work salt into garlic with knife or back of spoon, then work in olive oil to make a paste.

When eggplant is done cooking, cut in quarters lengthwise. Place skin side down and cut slashes in eggplant quarters, cutting about ½-inch deep. Spread each quarter with some garlic mixture, sprinkle with lemon juice, and garnish with parsley. Serve hot.

Omit salt and add a grinding of black pepper.

EGGPLANT AND YOUR HEART

Eggplant, a favored vegetable in the Mediterranean, may also be good for your heart. Research suggests that the special properties of eggplant may help to reduce cholesterol in the bloodstream, and excess cholesterol is implicated in heart disease.

To make the best use of eggplant, you should cook it properly. Eggplant – like mushrooms – acts like a sponge, absorbing any oils or butter in which it is cooked. Creating a dish high in fat will counteract the benefits of including eggplant in your diet. For this reason, it is best to steam eggplant or cook it the Carico way, rather than fry it, before serving or before including it in other recipes. Eggplant can be steamed whole, as in Eggplant Mediterranean-Style (at left) – a recipe that includes olive oil and garlic, both of which are also recommended for maintaining good heart health. Or eggplant can be sliced and steamed. Eggplant is done cooking when it is quite tender when pierced with a knife.

When you are selecting an eggplant in the market, choose one that is smooth-skinned, shiny, and firm. Dull or withered skin indicates the eggplant is past its prime.

PESTO POWER

Pesto – a creamy concoction of basil, garlic, nuts, olive oil, and grated cheese – is native to Italy, but is fast becoming a popular world traveler. Some commercial varieties of pesto are available, but it's easy to make your own:

Combine 2 cups packed basil leaves with 2 roughly chopped garlic cloves and ½ cup light olive oil (a good quality from Lucca, Italy, is best) in a blender or food processor and blend until smooth. Add a generous ¼ cup pine nuts and 1 tablespoon freshly grated Parme-san or Romano cheese and blend an additional 10 sec-onds, until combined. You can vary the recipe by using walnuts in place of pine nuts, or by mixing in some parsley with the basil. Pesto can be stored tightly covered in the refrigerator 4 weeks or more; or freeze pesto in an ice cube tray, then turn out cubes into a self-seal freezer bag.

Pesto provides wonderful flavor when a little is added to a variety of dishes. Traditionally served with pasta, it can be tossed with cooked vegetables, added to ham-burgers, meatloaf, soups, stews, dips, potato or chicken salads, salad dressings, garlic bread, lasagna, guacamole, or salsa. Perhaps its most noble achievement is the way it rescues leftovers from humdrum recycling. Let your imagination run free with pesto!

CARROT NESTS WITH PEAS

Makes 4 servings

4 carrots
¼ cup frozen peas
Dash of ground cinnamon
Dash of freshly grated nutmeg

Use vegetable peeler to cut very long, thin shreds of carrot, ¼–½ inch wide. (Save tough centers of carrots, which are difficult to shred, for soup or stock.) Place shredded carrots in Sauce Pan, rinse, and drain. Push to one side.

Place peas in pan next to shredded carrots. Cover with Nutri-Tone® Control open and cook over medium heat until tone sounds. Close Control, turn heat to low, and cook 1–2 minutes, just until vegetables are firm-tender.

To serve, toss carrots with dash of cinnamon and nutmeg. Arrange carrots into 4 "nests." Place 1 tablespoon peas in each nest. Serve hot.

VARIATION: *Zucchini and Carrots with Pesto:* Cut 2 medium zucchini into long, thin strips, about ⅛ inch x 5 inches, saving seeds in center for vegetable stock. Prepare 1 small carrot as in basic recipe above, or cut into julienne strips. Combine in Sauce Pan and cook as above, 1–2 minutes. Thin 1 tablespoon Pesto Sauce (at left) with 2 tablespoons hot water. Toss zucchini and carrots gently in sauce and top with freshly grated Parmesan cheese.

BRUSSELS SPROUTS WITH CHESTNUTS

Makes 8 servings

When autumn brings brisk weather and changing leaves, this colorful side dish is a natural.

4 cups Brussels sprouts
½ cup cooked chestnuts
2 tablespoons Chicken Stock (see page 110)
1 cup orange sections, membranes removed
¼ teaspoon grated orange rind

Trim bottoms of Brussels sprouts; remove damaged leaves. Cut an "X" in the stem end to allow heat to penetrate. Place sprouts and chestnuts in Sauce Pan, rinse and drain. Add stock and cook,

covered with Nutri-Tone® Control open, over medium heat until tone sounds.

Reduce heat, close Control, and cook 10–12 minutes, until sprouts are tender. Add orange sections and sprinkle with grated orange rind. Stir over medium heat until oranges are heated through, and serve.

POTATO SALAD

Makes 8 servings

Yogurt adds a touch of flavor and helps to cut down on fat.

12 cups sliced small potatoes (about 3 pounds)
1 cup finely chopped onions
¾ cup Chicken Stock (see page 110)
1 large dill or 2 small sweet pickles, finely chopped
2 hard-boiled eggs, chopped
4 celery stalks, finely chopped
¼ cup minced fresh parsley
1 tablespoon minced fresh dillweed (optional)
¼ cup mayonnaise
¼ cup plain, low-fat yogurt
¼ teaspoon salt
Dash of freshly ground black pepper

Peel potatoes, if desired; halve them, then cut into scant ¼-inch slices. Rinse potatoes and place in large Sauce Pan. Cover with Nutri-Tone® Control open, and cook over medium-high heat. When tone sounds, turn heat to low and close Control. Cook about 5 minutes, or just until firm-tender. Let sand, covered, 4–5 minutes to allow potatoes to firm up.

Place potatoes in large bowl and toss with onions and stock. Toss again in 4–5 minutes, and again after 4–5 minutes, until potatoes have absorbed stock. Add pickle, eggs, celery, parsley, and dillweed, if desired. When potatoes are cool, add mayonnaise, yogurt, and dash of pepper. Toss and chill several hours or overnight before serving.

NOTE: Potatoes are very absorbent. Tossing cooked potatoes with stock prevents them from absorbing excess dressing, further cutting down on fat and calorie content.

Omit salt.

HOW TO COOK AN EGG

When it comes to the basics of cooking, this one is a classic. You'll want to know how to cook an egg perfectly, every time, with your new Carico cookware.

Hard-cooked eggs can be delicious in potato salads, deviled as hors d'oeuvres, or sliced and served with plates of lightly cooked vegetables as a main dish. Most people can enjoy eggs in their diet, providing they limit their intake to two or three per week.

Place eggs in Sauce Pan and cover with cold water. Cover pan with Nutri-Tone® Control open and cook over medium heat until tone sounds. For soft-cooked eggs, remove from pan immediately. For medium-cooked eggs, close Control, turn heat to low, and continue to cook 2–3 minutes. Hard-cooked eggs will be ready 8–10 minutes after heat is turned down.

To peel hard-cooked eggs, crack the shell and roll egg between the palms of your hands to free inner skin from egg and make shelling easier. Very fresh eggs are more dif-ficult to shell. To slice eggs smoothly, dip knife into water each time before slicing.

KEEP VEGETABLES COLORFUL

Nothing is less appetizing than gray-green vegetables arranged listlessly on a plate. To keep bright colors in your vegetables, follow a few simple rules: (1) Don't use water or salt – both rob vital nutrients; (2) Cook vegetables over low heat, the Carico way; and (3) Don't overcook. Overcooked cauliflower turns from white to an unappealing brownish-gray. Green vegetables become a dull olive color.

By keeping cooking times brief, using low heat and no water, you will not only preserve appetizing colors, but valuable nutrients, as well. Strongly flavored vegetables such as Brussels sprouts, broccoli, cauliflower, and turnips become stronger when overcooked because they release sulfur compounds.

Avoid using baking soda to heighten the color of green vegetables. Baking soda destroys vitamin C and the B-vitamin thiamine, leaves a bitter taste, and makes vegetables mushy. On the other hand, a tablespoon of vinegar or lemon juice, or the old German custom of adding a tart apple, will help red cabbage stay red while cooking – and won't deplete nutrients. Keep the skin on whole red beets, along with 2 inches of tops, to prevent them from leaching their color. Adding a little vinegar to the pan will help them maintain color, as well.

FRESH CAULIFLOWER

Makes 4 servings

1½ pounds cauliflower
1 teaspoon lemon juice
1 tablespoon minced fresh parsley

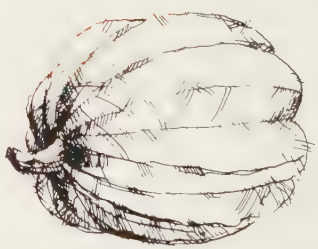
Cut core out of cauliflower and remove leaves. Separate cauliflower into florets. Cut slits in stems to allow heat to penetrate, equalizing cooking time with more delicate florets.

Rinse and drain cauliflower in Sauce Pan. Cover with Nutri-Tone® Control open and cook over medium heat. When tone sounds, close Control and turn heat to low. Cook 4–6 minutes, just until tender when pierced with knife. Cauliflower should be tender, not crunchy or mushy. Sprinkle with lemon juice and minced fresh parsley before serving.

VARIATIONS: *Cauliflower Parmesan:* Place whole cauliflower in Steamer Inset above 1 inch boiling water. Cover with Nutri-Tone® Control closed and steam 15–20 minutes, just until tender; remove to serving bowl and keep hot. Discard water in bottom of Sauce Pan. Heat 1 teaspoon lemon juice, 1 tablespoon light olive oil, and 2 minced garlic cloves 1 minute over medium-low heat, stirring constantly. Do not let garlic brown. Spoon garlic mixture over cauliflower and sprinkle with 3 tablespoons freshly grated Parmesan cheese. *Pureed Cauliflower:* Run cooked cauliflower through food mill or processor; return to Sauce Pan and cook over medium heat, stirring, to allow excess moisture to evaporate; stir in 1 teaspoon unsalted butter or margarine and garnish with minced fresh parsley. *Cauliflower with Cheese Sauce:* Cook as in basic recipe above and serve with Cheese Sauce (see page 83).

WINTER SQUASH PANCAKES

Makes 4 servings



Serve these delicious high-fiber pancakes with applesauce topping.

2 eggs
3 tablespoons unbleached flour
Dash of freshly grated nutmeg
2 tablespoons unsalted butter or margarine, melted
1 cup mashed, cooked winter squash

Beat eggs well with fork or mixer. Add flour slowly, beating until combined. Beat in nutmeg, butter, and squash until mixture is smooth. Let batter rest 15 minutes; stir well.

Drop batter by scant ¼ cups into heated Large Skillet, prepared with light coating of vegetable oil spray. Allow pancakes to brown lightly about 2–4 minutes over low heat, then turn and brown remaining side. Serve plain or with heated applesauce.

NOTE: Winter squash can be cooked without peeling, then pressed through Steamer Inset with food masher. Acorn squash lends a most delicate flavor to pancakes, though butternut, hubbard, or other hearty winter squash can be used.

BROCCOLI WITH LEMON-DILL SAUCE

Makes 4 servings

Deliciously sauced with herbs, this dish is fat free.

2–4 stalks broccoli, depending on size

SAUCE
⅓ cup Chicken Stock (see page 110)
2 tablespoons lemon juice
1 teaspoon cornstarch
¼ teaspoon freshly grated lemon rind
2 tablespoons minced fresh dillweed

Cut stems off broccoli and separate florets. Cut stems into julienne strips. Place in Sauce Pan, rinse, and drain. Cook, covered with Nutri-Tone® Control open, over medium heat until tone sounds. Close Control, turn heat to low, and cook 5–7 minutes, until broccoli is crisp-tender. Remove to serving dish and keep warm.

Combine stock, lemon juice, and cornstarch in same Sauce Pan. Bring to a boil over medium heat, stirring frequently. Turn heat to low, stirring until sauce is thickened. Remove from heat and stir in lemon rind and dillweed. Pour sauce over broccoli and serve.

VARIATION: *Parslied Carrots and Broccoli:* Use 1–2 stalks broccoli, depending on size, and 2 carrots, cut in julienne strips. Prepare as in basic recipe above, substituting minced parsley for dill in sauce.

CHOPPED SPINACH IS VERSATILE

While delicious as a vegetable side dish, chopped spin-ach can also be added to stuffings, scrambled eggs, omelets or sauces (see Cheese Sauce Florentine, page 83).

As a side dish, about three-quarters of a pound of spinach will serve four people. To prepare, rinse spinach well 2 to 3 times in big basin of water, lifting out spinach to leave sand behind. Pull stems and thick ribs off leaves. Place in large Sauce Pan with just the water that clings to leaves. Cover with Nutri-Tone® Control open and cook over medium heat until tone sounds.

Reduce heat, close Control, and cook 2–3 minutes, just until spinach is limp. Remove spinach to chopping board and chop with large chef's knife.

To serve, stir in unsalted butter or margarine, if desired, and season with lemon juice and freshly grated nutmeg. Reheat in pan briefly, if necessary, stirring over medium heat. Garnish with lemon slices.

THE CANCER-FIGHTING CABBAGE FAMILY

When it comes to helping guard against cancer, it seems a special group of vegetables may have an advantage. Called cruciferous vege-tables, these members of the cabbage family – among them Brussels sprouts, cauli-flower, broccoli, and, of course, cabbage – contain factors that appear to fight the formation of cancers.

How these vegetables help the body mobilize against cancer is not fully known, but you can't go wrong by including them in your diet, along with coleslaw and sauerkraut. (Be sure to rinse sauerkraut first to remove excess sodium.)

GERMAN RED CABBAGE WITH APPLES

Makes 6 servings

Typically German, hearty and delicious, this red cabbage is a sweet-sour blend with apples.

1 2–2½ pound red cabbage
⅓ cup red wine vinegar
1½ tablespoons brown sugar
¼ teaspoon salt
2 medium, tart greet apples, cored and cut into thin wedges
½ cup finely chopped onion
1 small onion
2 whole cloves
1 bay leaf
3 tablespoons dry red wine or apple cider
3 tablespoons red currant jelly

Wash cabbage and remove any tough outer leaves. Quarter cabbage lengthwise, then cut crosswise into ⅛-inch strips, discarding core.

Place cabbage in large Sauce Pan, sprinkle with vinegar, brown sugar, and salt, then toss to coat cabbage. Let stand 5 minutes. Add apples, chopped onions, whole onion stuck with cloves, bay leaf, and wine or cider. Stir thoroughly. Cover with Nutri-Tone® Control open and cook over medium heat. When tone sounds, reduce heat to low, close Control, and cook 1 hour.

Before removing from heat, stir in currant jelly. Remove whole onion and bay leaf and stir over medium heat 2–3 minutes until jelly is thoroughly mixed in. Serve hot.

Omit salt.

CONTINENTAL VEGETABLE SALAD

Makes 8 servings

An unusual salad – served hot!

2 cups whole green beans (about 1 pound)
3 carrots, thinly sliced on diagonal
2 cups cauliflower florets
1 red bell pepper, seeded and cut into strips
1 yellow summer squash, thinly sliced

DRESSING
¼ cup olive oil
¼ cup rice wine vinegar
1 tablespoon lemon juice
1 teaspoon Dijon-style mustard
¼ teaspoon dried oregano
¼ teaspoon dried marjoram
½ clove garlic, pushed through press

Trim ends of green beans and place in Large Skillet. Cover with Nutri-Tone® Control open and cook over medium heat. When tone sounds, close Control, turn heat to low, and cook 2 minutes.

Add carrots to pan quickly, return cover to pan with Control closed, and cook an additional 2 minutes. Add cauliflower, pepper, and squash and cook an additional 4–5 minutes, or until all vegetables are just crisp-tender.

While vegetables are cooking, combine ingredients for dressing. Toss cooked vegetables in dressing and serve hot. If you plan to serve the salad chilled, run cold water over the vegetables after cooking to cool them. Add dressing, toss, and refrigerate several hours or overnight.

SHREDDED BEETS WITH RED WINE VINEGAR

Makes 4 servings

3 cups shredded, peeled red beets (about 1½ pounds)
1 teaspoon red wine vinegar
Dash of freshly grated nutmeg
1 teaspoon unsalted butter or margarine (optional)

Place beets in Sauce Pan, rinse, and drain. Add vinegar and nutmeg and cook over medium heat, covered with Nutri-Tone® Control open, until tone sounds. Turn heat to low, close Control, and cook 10–12 minutes, until tender. Swirl in butter or margarine, if desired.

VARIATIONS: *Shredded Turnips or Shredded Rutabagas:* Cook as above, testing for doneness after 5–7 minutes for turnips and 8–10 minutes for rutabagas.

RED CABBAGE COLESLAW

This attractive coleslaw will highlight any buffet table. Shred ½ medium head of red cabbage and combine with 1 tablespoon grated onion, ¼ teaspoon salt, ⅓ cup sugar, 2 to 3 tablespoons vinegar, 1½ tablespoons mayonnaise, and ¼ cup light cream.

To add interest to traditional green coleslaw, add grated carrot, diced red and green bell peppers, sliced celery, sliced radishes, minced fresh parsley or basil, or other fresh herbs.

STUFFED CABBAGE

Cabbage is popular all over the world. In addition to being inexpensive and easy to cook, cabbage is delicious. Here is one way to enjoy this versatile vegetable.

Stuffed Cabbage Rolls: Steam cabbage leaves until they are just flexible, but not soft. Pat dry; roll them up with one of the following fillings:

- cooked rice, minced onion, minced green pepper, chopped tomato, oregano, and thyme
- cooked, chopped spinach; feta cheese; whole-wheat bread crumbs; minced fresh mint
- cooked, minced chicken; toasted pine nuts; lemon juice; garlic pushed through a press; minced fresh rosemary
- mashed potatoes, corn, grated carrots, minced fresh chives, grated Cheddar cheese

Place cabbage rolls seam side down in Large Skillet, add ¼ cup Chicken Stock (see page 110), cover with Nutri-Tone® Control open, and cook over medium heat until tone sounds. Close Control and turn heat to low. Cook 15–20 minutes until cooked through.

CABBAGE WITH POPPY SEEDS

Makes 6 servings

1 small head cabbage, coarsely shredded
1 tablespoon unsalted butter or margarine (optional)
1 teaspoon poppy seeds

Place cabbage in Sauce Pan, rinse and drain. Cover with Nutri-Tone® Control open and cook over medium heat until tone sounds. Close Control and turn heat to low. Cook 4–6 minutes, just until cabbage is tender.

Toss with butter, if desired, and poppy seeds. Serve hot.

VARIATIONS: *Cabbage Vinaigrette:* Cook as in basic recipe above. Eliminate butter and poppy seeds and toss with Vinaigrette Dressing (see page 108). Serve hot, at room temperature, or chilled. *Cabbage with Caraway Seeds:* Substitute ½ teaspoon caraway seeds for poppy seeds.

Omit butter or margarine.

MASHED POTATOES

Makes 6 servings

5–6 medium potatoes, cubed
⅓ cup hot skim milk
1 tablespoon unsalted butter or margarine (optional)
¼ teaspoon salt
Dash of freshly ground black pepper

Place cubed, unpeeled potatoes in Steamer Inset over 1 inch boiling water. Cover with Nutri-Tone® Control closed and steam 15–20 minutes, until tender. Discard water in bottom of pan. Remove cover and place kitchen towel over pan to absorb excess steam and make potatoes "mealy."

Push potatoes through Steamer Inset into bottom of pan, using food masher. Slowly stir in skim milk until potatoes are creamy. Add butter, if desired, and salt and pepper. Serve immediately.

VARIATIONS: *Mashed Sweet and White Potatoes:* Substitute unpeeled, cubed sweet potatoes for ⅓ of white potatoes and proceed as in basic recipe above. *Mashed Sweet Potatoes:* Use 5–6 sweet potatoes, substitute ⅓ cup yogurt for milk, and add ¼ teaspoon grated orange rind, dash of cinnamon, and dash of freshly grated nutmeg.

Omit butter and salt.

PAN-BRAISED CELERY HEARTS

Makes 4 servings

An elegant fat-free, low-calorie dish that makes its own tasty sauce and is perfect for entertaining.

2 large bunches celery
¼ cup finely chopped onion
¼ cup diced carrots
⅓ cup Chicken Stock (see page 110)
2 tablespoons minced fresh parsley

Cut tops off celery about 7 inches from root end. Remove tough outer stalks and chop enough to make ¼ cup. Save remaining outer stalks for another use. Trim root ends of celery hearts, but not deeply enough to cause stalks to separate. Cut celery hearts in half lengthwise. Carefully rinse to remove sand.

Arrange halved celery hearts, cut side up, in Large Skillet. Combine chopped onion, diced carrots, and chopped celery, and sprinkle over celery hearts. Add chicken stock to pan and set over medium heat, covered, with Nutri-Tone® Control open. When tone sounds, reduce heat to low, close Control, and cook 30–40 minutes, until quite tender. Remove celery hearts and vegetables to serving platter and keep warm. Cook down juices over medium heat, stirring frequently, until reduced by half. Pour over celery hearts and serve.

CORN ON THE COB

Makes 3–6 servings

A most succulent rendition of corn on the cob. The flavor is enhanced as the corn steams on a bed of delicate inner husk.

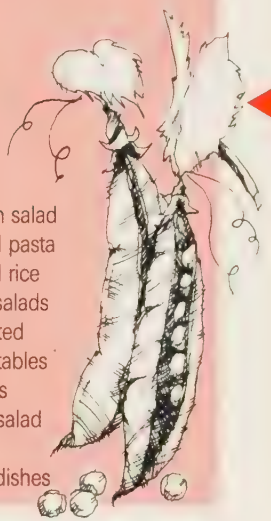
6 ears corn

Husk corn, saving inner husks for cooking. Discard corn silks, outer husks, and tips of ears. Wash corn and inner husks. Place several layers of husks on bottom of Large Skillet or Dutch Oven. Place ears of corn on top of husks.

Add 6 tablespoons water to pan and cover with Nutri-Tone® Control open. Place over medium heat. When tone sounds, close Control and turn heat to low. Cook 12–15 minutes.

PEAS, PLEASE!

Peas are easy to cook and can add color to many dishes. Fresh, raw, frozen, or even leftover peas can be used in a variety of ways. Try them in:



Chicken salad
Cooked pasta
Cooked rice
Green salads
Marinated vegetables
Omelets
Potato salad
Soups
Stir-fry dishes

KEEP YOUR HERB SHELF CURRENT

If the last time you bought basil was to flavor deviled eggs for your best friend's baby shower, and you just got the word the "little tyke" will soon graduate from college, it's time to restock. While drying herbs does preserve them for use year-round, dried herbs will not maintain flavor indefinitely on the shelf.

Store herbs in a cool, dry, dark space. The place for a spice rack is not directly above a stove. Excess heat will have an adverse effect on flavors.

Dried herbs will begin to lose flavor after several months. Replace those you use least often about once each year. For the best flavor, your favorites should be replaced about every 4 to 5 months. To release additional flavor from dried herbs, crumble them slightly between your fingers before adding them to dishes.

MARINATED MEXICAN BEAN SALAD

Makes 6 servings

4 cups cooked kidney beans or soybeans (see table on page 30)
2 cups finely chopped red cabbage
1 cup cooked brown or white rice
3 large tomatoes, chopped
1 medium onion, finely chopped
½ cup minced fresh parsley
8 green olives with pimiento, sliced
3 tablespoons olive oil
1 teaspoon minced fresh garlic
¾ teaspoon ground coriander
½ teaspoon ground cumin
¼ cup lemon juice
1 teaspoon Dijon-style or stone-ground mustard

Combine beans, cabbage, rice, tomatoes, onion, and parsley in large serving bowl. Sprinkle with sliced olives.

Place oil in Small Skillet and add garlic. Place over medium heat and stir just a few seconds to slightly cook garlic; do not brown. Remove from heat and add coriander, cumin, lemon juice, and mustard. Stir to combine, then pour over bean salad. Cover bowl and chill. Toss before serving.

STEAMED ARTICHOKES

Makes 2 servings

Artichokes with firm, fat leaves are best.

2 medium or large artichokes
½ lemon

Trim off stem even with base of artichoke. Trim ½ inch off top of artichoke and, using kitchen scissors, trim prickly points off each leaf. Rub cut surfaces with lemon.

Set artichokes upside down in Steamer Inset to allow steam to penetrate leaves. Steam over 1 inch boiling water, covered with Nutri-Tone® Control closed, 30–40 minutes, or until tender when knife is inserted in base. Add additional boiling water if needed. Do not let pan boil dry. Serve artichokes hot or cold.

NOTE: Artichokes are eaten by removing each leaf and drawing

the base between the teeth to remove flesh. When all leaves are removed, cut artichoke heart in quarters and cut out thistle, called the "choke," and eat the flesh. Artichokes can be eaten plain or dipped in a mayonnaise-yogurt mixture or other low-calorie dip.

STEAK FRIES

Makes 3–4 servings

2 medium Idaho potatoes
3 tablespoons corn oil

Halve scrubbed, unpeeled potatoes lengthwise, then cut into thick, rectangular "fingers." Preheat Large Skillet over medium heat 2–3 minutes. Add oil. Place all potato slices in pan, with as many as possible in one layer.

Brown well on one side, about 5–10 minutes, before turning. Brown on remaining sides, turning fries as necessary. Cover with Nutri-Tone® Control open. When tone sounds, close Control. Cook 10 minutes over medium heat. Drain on paper towels before serving.

COTTAGE BROWNED POTATOES

Makes 4 servings

3 medium Idaho potatoes
1 tablespoon corn oil
1 teaspoon unsalted butter or margarine

Cut scrubbed, unpeeled potatoes into thin slices. Preheat Large Skillet over medium heat 2–3 minutes. Add oil and butter or margarine. When butter is melted, add all potatoes with as many as possible in one even layer. Cook potatoes, uncovered, over medium heat 8–10 minutes, until browned on bottom. Cover pan with Nutri-Tone® Control closed, turn heat to low, and cook potatoes 10 minutes.

Remove cover. Turn potatoes and brown remaining side 5–8 minutes. Drain on paper towels before serving.

OILS AND FATS ARE NOT CREATED EQUAL

"Less saturated fat!" "No cholesterol!" "Pure vegetable oil!" Ads touting the advantages of one oil over another can have our heads swimming. Which is best?

Let's start with some basic definitions of fatty acids, which make up oils:

Saturated fats: These raise blood cholesterol levels. Lard, butter, and tropical oils, such as palm oil and coconut oil, are high in saturated fats.

Polyunsaturated fats: These appear to lower blood cholesterol. Safflower oil is highest in polyunsaturates.

Monounsaturated fats: Some studies show that when these fats replace saturated fats, they lower LDL (often referred to as "bad" cholesterol) without lowering HDL ("good" cholesterol) in the bloodstream. Olive oil is highest in monounsaturated fat.

Don't assume that vegetable oil labeled "no cholesterol" is better for you. All vegetable oils are cholesterol free; only animal fats contain cholesterol.

To select healthful oils, remember to choose those low in saturated fat – canola, corn, olive, peanut, safflower, soybean, and sunflower oils.

Remember to check labels on oils, baked goods, and other foods to avoid saturated coconut and palm oils.

VINAIGRETTE DRESSING

For a basic vinaigrette dressing, combine ½ cup mildly flavored olive oil or sunflower oil with ¼ cup red wine vinegar or rice wine vinegar, 1 teaspoon Dijon-style mustard, dash of salt, and freshly ground black pepper.

Garlic Vinaigrette: Add 1 clove garlic, pushed through a garlic press.

Ginger Garlic Vinaigrette: Add garlic as in garlic recipe above and squeeze liquid from 3 tablespoons grated fresh gingerroot and add to dressing.

Salsa Vinaigrette: Add 1 tablespoon minced onion, ½ small canned or fresh mild green chili pepper (minced), ½ small tomato (seeded and minced), and 1 clove garlic, pushed through a press.

Three-Mustards Vinaigrette: Reduce Dijon-style mustard to ½ teaspoon; add ½ teaspoon tarragon, green pepper or other flavored mustard, or a coarse-ground mustard; and ¼ teaspoon dry ground mustard powder.

Herbed Vinaigrette: Add 1 tablespoon minced fresh herbs (parsley, dill, basil, tarragon or a combination) or ½ teaspoon crushed dried herbs (oregano, marjoram, basil, or a combination) to the basic dressing. Add garlic, if desired.

Pesto Vinaigrette: Add 1 tablespoon pesto sauce (see "Pesto Power," page 98) to dressing; stir well.

ASPARAGUS SPEARS

Makes 4 servings

Asparagus will cook evenly if you choose spears of equal thickness. A tight bud end denotes freshness.

20-24 medium spears asparagus
Lemon slices, garnish

Trim ends of asparagus, about 1 inch from base, and discard. Use vegetable peeler to remove scales.

Place whole spears in Large Skillet; rinse and drain. Place pan, covered with Nutri-Tone® Control open, over medium heat and cook until tone sounds. Reduce heat to low, close Control, and cook 5–7 minutes, just until asparagus bends slightly. Serve hot, garnished with lemon slices.

VARIATIONS: *Asparagus Vinaigrette:* Run cold water over cooked asparagus to stop cooking and set color. Marinate in ¼ cup Vinaigrette Dressing (at left) to which 1 tablespoon chopped pimiento or 1 tablespoon finely chopped fresh red bell pepper has been added. *Pureed Asparagus:* Run cooked asparagus through food mill or processor, heat through, and add 1 teaspoon unsalted butter or margarine and dash of freshly ground black pepper.

TWO-MINUTE CHERRY TOMATOES

Makes 4 servings

For a quick, colorful side dish, these tiny tomatoes have no competition.

2 cups cherry tomatoes
2 tablespoons minced, fresh parsley or fresh basil

Place tomatoes in Small Skillet, cover with Nutri-Tone® Control open, and cook over medium heat until tone sounds. Close Control, turn heat to low, and cook 2 minutes, just until tomatoes are heated through. Sprinkle with parsley or basil and serve hot.

VARIATION: *Honey-Minted Cherry Tomatoes:* Cook as in basic recipe above. When done, stir in 1 teaspoon honey and 1 tablespoon minced fresh mint or ½ tablespoon crumbled dried mint leaves over medium heat until evenly distributed. Serve hot.

SOUPS & STEWS

Trying to lose weight? Soups and stews can help! Researchers monitoring weight loss found that individuals who ate soup on a daily basis consumed fewer calories than those who didn't. Why is this so? For one thing, soups and stews are generally low in calories. No matter how thick and filling, most are made up largely of water. Then, too, most soups and stews contain lots of vegetables, which also helps keep calories low.

In addition to being good for dieters, soups and stews and usually served hot, which means they must be eaten more slowly than other foods. By eating slowly, it is easier to stretch a meal out to 20 minutes. That's the amount of time it takes for the brain to absorb the information that a sufficient amount of food has been eaten. If, by then, more calories than needed have been eaten, the brain has no opportunity to perform its regulating function.

You may learn new techniques in this chapter that can enhance your health. One is how easily you can make your own stocks. These stocks will provide a tasty, low-sodium, low-fat base for many of the soups and stews in this chapter and in recipes throughout the book.

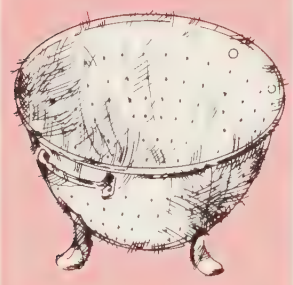
Notable by their absence in this chapter, and the book, are canned or dried soups, since they are unacceptably high in sodium. Once you have sampled your own homemade soups from fresh, wholesome ingredients, you'll never miss the commercial kind!

Soups and stews are endlessly adaptable – they can be varied with vegetables you have on hand.

VEGETABLE STOCK FROM TRIMMINGS

Nothing could be more frugal: Use up the small trimmings of vegetables to pre-pare a flavorful and versatile vegetable stock in minutes! Here's how:

Place a self-sealing plastic bag in your freezer. When trimming the tips of green beans, summer squash, and carrots; removing stems from spinach or parsley; or when shelling peas, place the trimmings and pea pods in the plastic bag. Vegetables such as cabbage, broccoli, and cauliflower are generally too strongly flavored; also, avoid any trimmings from vegetables that may have been waxed.



When you have accumulated about a quart of trimmings, place the frozen trimmings in a Sauce Pan over medium heat. Cover with water and cook as directed in the Vegetable Stock recipe at the right. When soup is done, strain stock, cool, and refrigerate or freeze. Use vegetable stock for soups and sauces, or when cooking rice or other grains.

VEGETABLE STOCK

Makes 4 cups

Vegetable stock can be added to casseroles, or used to make soups and cook rice.

1 cup chopped vegetables (see Note, below)
4 cups water
2 tablespoons minced fresh flat-leaf parsley
½ teaspoon minced fresh basil
⅛ teaspoon dried thyme
Dash of freshly ground pepper

Place all ingredients in large Sauce Pan. Cover with Nutri-Tone® Control open and cook over medium heat until tone sounds. Turn heat to low, close Control, and cook 25–30 minutes. Strain through layer of cheesecloth in sieve, lightly pressing vegetables to remove liquid.

NOTE: Use 2 or 3 kinds of vegetables, such as carrots, celery, leeks, onions, potatoes, tomatoes, zucchini.

CHICKEN STOCK

Makes 6 cups

4-pound chicken with neck and giblets
12½ cups cold water
1 large onion
2 cloves
2 leeks, halved and rinsed well
2 carrots, halved
1 celery stalk, halved
2 tablespoons lemon juice
½ teaspoon salt
4 sprigs parsley
½ teaspoon dried thyme
1 unpeeled clove garlic
1 bay leaf

In Dutch Oven, combine chicken, neck, and chopped giblets (not liver). Add 12 cups cold water. Bring just to a boil over medium-high heat and skim off froth that rises to the surface, using slotted spoon. Add remaining ½ cup cold water, bring stock to simmer, and again skim froth.

Add onion (stuck with the cloves), leeks, carrots, celery, lemon

juice, and salt. Tie parsley, thyme, garlic, and bay leaf in small piece of cheesecloth and add to stock. Cover with Nutri-Tone® Control open. When tone sounds, reduce heat to low and close Control. Cook 1½ hours.

Remove chicken and remove meat from bones. (Save meat for another use.) Chop carcass and return, with skin, to pot. Simmer over low heat, covered with Control closed, for 1½ hours.

Strain stock through fine sieve or colander lined with two thicknesses of cheesecloth. Press on solids to release stock. Let stock cool, then chill. Remove layer of fat from stock before using. Stock can be refrigerated several days or frozen for future use.

Omit salt.

BEEF STOCK

Makes about 8 cups

3–4 pounds meaty beef bones (shank, neck, oxtail) plus split knuckle
10 cups water
3 carrots, cut into fourths
1 onion, quartered
1 tomato, chopped
2 celery stalks, halved
6 parsley sprigs
1 bay leaf
3 peppercorns
1 fresh sprig thyme or ½ teaspoon dried thyme

Preheat Dutch Oven over medium heat 2–3 minutes. Add meaty bones and sear. Turn after browned on one side. Turn and brown remaining sides. Add 1 cup water and scrape up any particles adhering to pan with a wooden spoon, stirring into liquid.

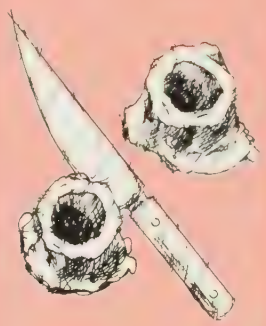
Add remaining water and bring just to a boil over medium heat. Skim off surface froth just before water boils.

Add remaining ingredients and cover with Nutri-Tone® Control open. Cook over medium heat until tone sounds. Close Control and turn heat to low. Cook 2½–3 hours, until meat falls from bones.

Line sieve with 2 layers of cheesecloth. Strain stock, discarding bones and meat. (The meat has lost all its flavor to the stock.) Cool stock and remove fat before using.

ADD BONES TO STOCKS

By adding bones to the stockpot when making stocks and broths, you can add a significant amount of calcium to these soup bases. Calcium, of course, is important for healthy teeth and bones.



When making stocks, have the butcher chop large bones into smaller pieces, about 3–4 inches long. This will expose the marrow of the bones, and they will also fit into the pot more easily. Then add a teaspoon or two of lemon juice to the stockpot, or one or two tomatoes. The acid in these ingredients helps draw the calcium from the bones.

Pork, lamb, and ham bones are strongly flavored and will dominate a stock. When making beef stock, combine chicken and beef bones for rich flavor. Stock made with bones in this way may contain as much as 125 milligrams of extra calcium in each cup, equivalent to ⅔ cup of cottage cheese.

THICKENING SOUPS HEALTHFULLY

Nothing is more satisfying to many food lovers than a creamy, rich soup. Yet, if we are watching our health, we know excess butter and highfat cream can undermine our good intentions. But there's no need to give up creamy, luscious soups if you follow these hints for thickening them healthfully.

Soft-cooked, blended rice can add a creamy texture, but no extra fat, to many soups (see Cream of Chicken Soup with Vegetables variation, at right). Cook 1½ cups raw rice in 4 cups of lightly salted water. Cover with Nutri-Tone® Control open and cook over medium heat until tone sounds. Reduce heat to low, close Control, and cook 25–30 minutes. Place ½ cup of liquid from soup to be thickened and ¼ cup of soft-cooked rice per serving in blender and process until smooth. Stir into soup and heat through.

Potatoes are just as versatile for thickening soups. Just combine 1 part mashed pota-toes to 2 parts skim milk, stock, or water and mix into soups, stews, or sauces. Simmer 5–7 minutes to thicken. Try cooked, mashed beans (such as navy, pinto, or pink beans) for thickening. Stir mashed or pureed beans directly into dish to be thickened. Or, puree cooked vegetables, such as carrots, green beans, peas, or winter squash, and add to soups.

SWEET POTATO BISQUE

Makes 6 servings

2–3 sweet potatoes (about 1½ pounds)
2 stalks celery, chopped
1 large, tart apple, cored and cubed
¼ cup chopped shallots or scallions, white part only
2 cups skim or whole milk
1 cup Chicken Stock (see page 110)
2 tablespoons sherry or Madeira wine (optional)
⅛ teaspoon ground allspice
6 tablespoons plain, low-fat yogurt, garnish
1 tablespoon minced fresh parsley, garnish

Cube unpeeled sweet potatoes and place in large Sauce Pan with celery, apple, and shallots or scallions. Add milk, stock, sherry (if desired), and allspice. Cover and place over medium heat with Nutri-Tone® Control open. When tone sounds, close Control, turn heat to low, and cook 20–25 minutes, until potatoes are quite soft.

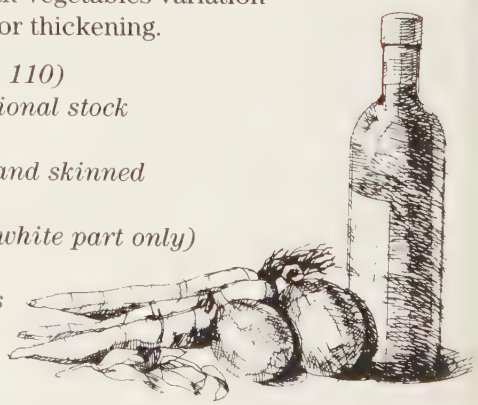
Blend or process soup in food processor until smooth. Thin, if necessary, with additional stock or milk. (For special occasions, when a richer soup may be desired, add ½ cup light or heavy cream.) Serve hot, topped with a dollop of yogurt and sprinkled with parsley.

CHICKEN VEGETABLE SOUP

Makes 6 servings

The Cream of Chicken Soup with Vegetables variation uses rice, not fat-laden cream, for thickening.

8 cups Chicken Stock (see page 110)
½ cup dry white wine or additional stock
1 bay leaf
1 chicken breast, split, boned, and skinned
1 cup julienne strips of celery
1 cup julienne strips of leeks (white part only)
1 cup julienne strips of onions
1 cup julienne strips of carrots
½ teaspoon salt
Dash of freshly ground pepper



Place chicken stock, wine (if desired), and bay leaf in Dutch Oven. Cook over medium heat, covered with Nutri-Tone® Control open, until tone sounds. Add chicken breast and vegetables. Cover with Control open, and when tone sounds, close Control, turn heat to low, and cook 2–3 minutes.

Remove chicken breast halves from soup. Replace cover and continue to cook vegetables 8–10 minutes, or until tender. While vegetables are cooking, cut chicken breast into julienne strips. Stir into finished soup, season with salt and pepper, remove bay leaf, and serve hot.

VARIATIONS: *Chicken Tarragon Soup:* Add 1½ teaspoons minced fresh tarragon with vegetables in basic recipe. *Chicken Corn Soup:* Substitute 1½ cups frozen corn kernels in place of peas in the creamed variation that follows. *Cream of Chicken Soup with Vegetables:* Dice vegetables and add ¼ cup diced sweet red pepper. Cook soup as in basic recipe, above, dicing chicken, instead of cutting into strips. Blend 2 cups soft-cooked rice (see "Thickening Soups Healthfully," page 112) with ½ cup of the chicken stock until smooth. Stir into soup. Add 1 cup peas. Cover with Control open and cook over medium heat until tone sounds and peas are just tender. Remove from heat and serve.

Omit salt.

▲ **Cream of Chicken Soup with Vegetables is a taste-tempting variation of Chicken Vegetable Soup. Thickened with rice rather than high-fat dairy cream, this soup skimps on fat, not flavor.**

FISH STOCK

Makes about 8 cups

8 cups chopped fish bones and heads (minus gills)
10 cups water
1 tablespoon lemon juice
1 teaspoon salt (optional)

Choose fish skeletons from lean, mild-tasting fish such as sole, cod, halibut, flounder, or bass. Make sure there is some flesh on bones. Combine chopped fish bones with water, lemon juice, and salt in Dutch Oven.

Cook over medium heat, covered with Nutri-Tone® Control open, until tone sounds. Close Control, turn heat to low, and cook 30 minutes. Line a sieve with cheesecloth and strain, discarding bones. Stock may be frozen.

▲ **Accompany Fish Chowder with crunchy whole-grain bread and a crisp salad for a memorable light dinner. Fresh fruit dessert complete this nutritious meal.**

FISH CHOWDER

Makes 4 servings

Use any firm white fish – flounder, pollock, hake, halibut, perch, red snapper, bass, or tilefish – in place of haddock.

3½ cups Fish or Chicken Stock (see pages 113 and 110)
1 cup chopped, seeded tomatoes
1 cup cubed red potatoes
¼ cup finely minced onions or leeks
1 teaspoon minced garlic
1 tablespoon fresh lemon juice
¼ teaspoon dried thyme
1 bay leaf
¼ pound haddock fillets, cut into bite-size pieces
¼ cup thinly sliced scallions
2 tablespoons minced fresh parsley
Thinly sliced lemon, garnish

Combine stock, tomatoes, potatoes, onions or leeks, garlic, lemon juice, thyme, and bay leaf in large Sauce Pan. Cover with Nutri-

Tone® Control open and cook over medium heat until tone sounds. Turn heat to low, close Control, and cook 15 minutes.

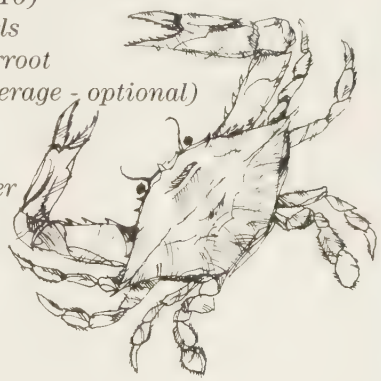
Stir in fish and scallions and cook over low heat, covered with Control closed, an additional 5 minutes. Stir in parsley, garnish with lemon slices, and serve hot.

CREAMY CORN SOUP WITH CRABMEAT

Makes 8 servings

This smooth, delicately flavored soup is a Japanese favorite.

3½ cups Chicken Stock (see page 110)
1½ cups fresh or frozen corn kernels
2 ¼-inch slices peeled, fresh gingerroot
1 tablespoon sake (alcohol rice beverage - optional)
½ teaspoon sugar
¼ teaspoon salt
Dash of freshly ground black pepper
2 tablespoons cornstarch
¼ cup water
2–3 ounces flaked crabmeat
1 egg white, slightly beaten
2 scallions, thinly sliced



Place chicken stock, corn, and ginger in Sauce Pan over medium heat and cover with Nutri-Tone® Control open. When tone sounds, close Control and turn heat to low. Cook 5 minutes.

Discard ginger slices. Strain hot stock mixture into medium bowl. Puree corn in blender or food processor with ½ cup stock until smooth. Press corn puree through fine sieve, using back of wooden spoon. Discard corn pulp left in strainer.

Return corn and stock mixture to Sauce Pan over medium heat and stir in sake (if desired), sugar, salt, and pepper. In small bowl, combine cornstarch and water. When soup begins to boil, stir in cornstarch mixture. Stir for 1 minute while soup thickens.

Reduce heat to low. Stir in crabmeat. Remove pan from heat. Slowly add beaten egg white, stirring constantly in circular motion. Add scallions, then serve hot.

Omit salt.

LEFTOVER VEGETABLES CAN HIGHLIGHT SOUPS

Hate to throw away the last tablespoon of peas no one had room to eat, or that leftover quarter-cup of corn? At the same time, do you find it a bother to store such small amounts of vegetables? One solution is to place small amounts of leftover vegeta-bles in a self-sealing freezer bag and store in the freezer. When making soups, add the leftover cooked vegetables at the last minute, so they don't get mushy, and just heat through. Be aware that strongly flavored vegetables, such as Brussels sprouts, cabbage, cauliflower, and broccoli, can overpower more delicately flavored soups.

▲ **Beef Stew is a traditional dish for good reason: The hearty beef and assortment of vegetables are a flavorful combination worth repeating.**

BEEF STEW

Makes 10–12 servings

1 pound lean beef, cubed
1 medium onion, finely chopped
8 cups water
2 cups tomato sauce
2 bay leaves
2 large leeks, thinly sliced
2 cups fresh pearl onions (about ½ pound)
1 cup mushrooms, quartered
3 celery stalks, cut into 2-inch pieces
8 carrots, thickly sliced on diagonal
4 cups cubed potatoes
⅔ cup tomato paste
6 cloves garlic, minced
½ teaspoon dried basil, finely crumbled
½ teaspoon dried marjoram, finely crumbled
½ teaspoon dried oregano, finely crumbled
¼ teaspoon dried thyme, finely crumbled
¼ cup minced fresh chives or parsley

Preheat Dutch Oven 2–3 minutes over medium heat. Pat beef cubes dry with paper towel and brown on all sides. Stir in onion and cook 2–3 minutes. Add water, scraping up any browned particles of meat from bottom of pan with a wooden spoon and stirring into liquid. Stir in tomato sauce and bay leaves.

Cover Dutch Oven with Nutri-Tone® Control open. When tone sounds, close Control and turn heat to low. Cook 1½ hours. Remove bay leaves and stir in leeks, pearl onions, mushrooms, celery, carrots, potatoes, tomato paste, garlic, basil, marjoram, oregano, and thyme.

Turn heat to medium and cover Dutch Oven with Control open. When tone sounds, turn heat to low and close Control. Cook stew 45 minutes to 1 hour. Stir in minced fresh chives or parsley just before serving.

VARIATIONS: *Beef Stew with Red Wine:* Marinate meat with ½ cup red wine, 2 teaspoons unsulfured molasses, and ½ teaspoon salt for 12–36 hours before preparing basic stew recipe, above. Pat meat dry before browning, and add marinade to meat when adding tomato sauce and water. *Lamb Stew:* Substitute 1 pound lean lamb cubes for beef cubes in basic recipe, above. *Pork Stew:* Substitute 1 pound lean pork shoulder, cubed, and add ⅛ teaspoon ground allspice with bay leaves in basic recipe, above.

Omit potatoes.

PHILIPPINE STEW WITH OXTAIL

Makes 8–10 servings

Serve this Filipino stew – known as kari-kari – over rice.

5 pounds oxtail, cut in 3-inch lengths
1 large onion, halved lengthwise and thinly sliced
1 tablespoon minced garlic
½ teaspoon salt
Pinch of saffron (optional)
12 cups water
½ cup white rice
¼ cup roasted peanuts
1 pound fresh green beans, trimmed and halved
1 pound eggplant, halved lengthwise and across, then cut into thick wedges
6 thinly sliced scallions, garnish

Trim oxtail of visible fat. Heat Dutch Oven over medium heat 2–3 minutes. Brown oxtail pieces in one layer, turning to brown all sides. Remove to plate when they are richly browned, and brown remaining pieces.

Remove meat from pan. Pour off any fat. Add a small amount of water and scrape sides and bottom of pan with wooden spoon to loosen any particles of meat. Return meat to pan; add onion, garlic, salt, and saffron (if desired).

Add 12 cups water to pan. Stir. Cover with Nutri-Tone® Control open. When tone sounds, turn heat to low and close Control. Cook 2½ hours, until meat is easily pulled from bone.

While oxtail is cooking, place rice in Small Skillet. Set over low heat and stir rice gently and frequently with wooden spoon for 20–30 minutes, until golden brown. Place rice in blender container and blend at high speed until reduced to flour. Pour ground rice into bowl. Place peanuts in blender container and grind well; add to rice.

When meat is tender, remove oxtail from pan and set aside to cool. Stir in ground rice and peanuts, green beans, and eggplant. Cover pan with Control open and place over medium heat. When tone sounds, close Control and turn heat to low. Cook 15–20 minutes, or until vegetables are tender.

While vegetables are cooking, remove meat from oxtails and discard bones. Skim off any fat from stew and stir in meat before serving. Serve over rice, and sprinkle with thinly sliced scallions.

MAKING AND STORING STOCKS

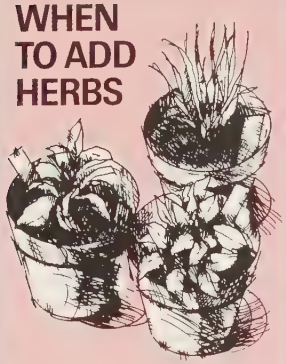
Stocks, broths, and bouillons are all made in the same way by gently simmering flavorful and nutrient-rich ingredients (such as meat, bones, vegetables, poultry, or fish). Low heat is essential – small bubbles should barely ripple the surface of the liquid.

Any froth that rises to the surface of the stock during the first half-hour of simmering can be skimmed off. Wrapping a piece of cheesecloth around a slotted spoon will facilitate skimming.

When stock is done simmering (anywhere from 20–30 minutes for delicate fish stocks up to several hours for heartier beef stock), strain stock. This is accomplished by lining a colander with damp cheesecloth and placing it over a large bowl or pot. Pour the stock through the strainer to separate out the solid ingredients.

Cook stock, then place in a covered container in the refrigerator. When stock is cold, all the fat will have collected on the surface and solidified, so it can be lifted off easily. Keep the protective fat layer on the stock until ready to use. Stock will keep approximately one week under refrigeration. Stock can also be frozen for up to one year. Freeze stock in ice cube trays, then transfer to a self-sealing plastic bag. You'll have small amounts of stock handy for many uses.

WHEN TO ADD HERBS



Fresh herbs – such as parsley, dill, coriander, basil, tarragon, and chives – are delicate. Add them near the end of cooking time when preparing soups or stews. The herbs will retain their delicate flavor and bright color if the soup is removed from the heat as soon as the herbs have wilted.

Dried herbs, and the strongly flavored fresh herbs such as rosemary or garlic, should be added at the beginning of cooking time. Crumbling dried herbs between your fingers will help release their flavor and aroma.

FRENCH ONION SOUP

Makes 4 servings

2 large sweet Spanish onions
2 teaspoons olive oil
1 tablespoon whole wheat flour
1 clove garlic, minced
4 cups Chicken Stock (see page 110)
2 tablespoons soy sauce
½ teaspoon dark, unsulfured molasses
Croutons, garnish
Minced fresh parsley, garnish

Cut onions in half lengthwise, then slice thin. Heat oil in Dutch Oven and add onions. Stir frequently over medium heat until lightly browned.

When onions are tender and begin to turn golden brown, sprinkle on flour. Stir until onions are coated. Add garlic, stock, soy sauce, and molasses. Cover with Nutri-Tone® Control open. When tone sounds, reduce heat to low, close Control, and cook 15–20 minutes. Serve garnished with croutons and minced parsley.

Eliminate soy sauce.

LENTIL SOUP

Makes 6 servings

The spicy aroma of cloves gives a delicate quality to this flavorful lemon-garnished soup.

1½ cups lentils
6 cups water
2 cloves garlic
3 whole cloves
1 carrot, sliced
1 celery stalk, sliced
⅓ cup minced onion
⅛ teaspoon dried thyme
6 thin lemon slices

Place lentils and water in large Sauce Pan. Peel one garlic clove and stick whole cloves into the garlic. Add to lentil mixture. Cover with Nutri-Tone® Control open and cook over medium heat until tone sounds. Reduce heat to low. Close Control and cook 45 minutes.

Discard garlic clove stuck with cloves. Mince remaining garlic

clove and add to lentils along with carrot, celery, onion, and thyme. Cover with Control open and cook over medium heat until tone sounds. Close Control, turn heat to low, and cook an additional 20 minutes. Add lemon slices, cover pan, and remove from heat. Let stand 5 minutes, stir, and serve.

SPLIT PEA SOUP

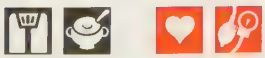
Makes 8 servings

2 cups dried split peas
8 cups water
2 potatoes, cubed
1 leek, chopped (see "Cleaning Leeks," page 63)
1 ham bone (optional)
1 sweet Spanish onion, chopped
1 cup chopped celery
1 clove garlic, minced
1 bay leaf
¼ cup minced fresh parsley
½ teaspoon salt
Dash of freshly ground pepper
Dash of fresh lemon juice

Place split peas and water in Dutch Oven and cover with Nutri-Tone® Control open. Cook over medium heat until tone sounds. Close Control, turn heat to low, and cook 45 minutes. Add potatoes, leek, ham bone (if desired), onion, celery, garlic, and bay leaf. Stir. Cover with Control open and cook over medium heat until tone sounds. Stir, then close Control, turn heat to low, and cook 45 minutes.

Stir in parsley, salt, and pepper. Remove bay leaf and ham bone and puree soup in blender, flavoring with a dash of lemon juice before serving.

VARIATION: *Split Pea Soup Deluxe:* After soup is pureed, add 2 cups fresh or frozen peas, ¼ cup light cream, and 2 or 3 minced fresh basil leaves to soup (or ¼ teaspoon dried basil). Return to medium heat, covered with Control open. When tone sounds, close Control, turn heat to low, and cook just 1–2 minutes until peas are tender. Serve hot.



Omit ham bone and cream from variation; omit salt.

CHILLED SOUPS

Quick and easy to make, chilled soups are a refreshing change of pace for warm-weather meals. Try the Summer Peach Soup with a salad and date bread spread with cream cheese. Chilled Watercress Soup is a perfect complement to chicken entrees.

Summer Peach Soup: Possibly the easiest soup you'll ever make, this calls for very ripe peaches too soft to be enjoyed whole. For 2 servings, remove pits and any bruise spots from 3–4 very ripe, chilled, yellow-fleshed peaches. Do not peel. Quarter and place in blender container. Process on low speed until smooth. Serve in chilled bowls, garnished with mint sprigs.

Chilled Watercress Soup: To blend and serve, have all ingredients chilled before beginning. If a thinner consistency is needed, add a little extra buttermilk or stock.

For 6 servings, combine 1 cup packed watercress leaves; 1 chopped, peeled, seeded cucumber; 1 cup Chicken Stock (see page 110), 2 cups buttermilk; and 2 tablespoons minced fresh dill in blender container and process until smooth. Season with salt and freshly ground pepper to taste. Serve in chilled bowls, garnished with a lemon slice floated on top or a dollop of yogurt with a sprig of fresh dill.

▲ Hot Linguini Salad (page 123), a variation of Party Pasta Salad, features a colorful selection of pastas and vegetables.

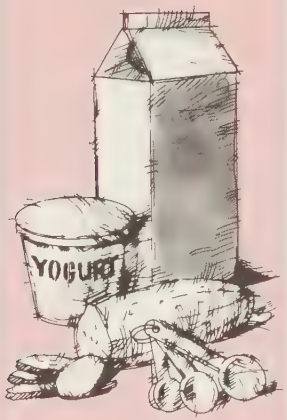
PASTAS, GRAINS & BREADS

All the world may love a lover, but when it comes to dinner, it seems the noodle is what the world adores. Noodles have a history of some 3,500 years and appear in cultures as far removed as China, Russia, and Italy. Though it makes a wonderful story, Marco Polo did not introduce noodles to Europe upon his return from China. Evidence from a 1279 Genoese will bequeathing macaroni to an heir predates Marco Polo's return to Venice by nearly 20 years.

Noodles are a low-fat source of protein and carbohydrates. With carefully selected sauces and toppings, pasta contributes a fair share of nutrition to a balanced diet. While Western-style noodles are generally made from wheat flour or other cereal grains, Oriental cuisines feature noodles made from all manner of vegetable starches: rice, potato, mung bean, corn, seaweed, yam, taro, and even acorn. Noodles may be among the simplest of foods, but their limitless adaptability ensures continued popularity.

Grains – such as rice, wheat, oats, and corn – represent one of the oldest sources of nourishment our ancestors found on earth. In fact, no single major civilization has ever developed in the absence of a basic cereal grain.

YOGURT AND CUCUMBER DRESSING



Pasta salads and rice salads (even green salads!) get a light and lively lift with lowfat Yogurt and Cucumber Dressing. For about 1 cup of the dressing, combine ½ small cucumber peeled, seeded and finely chopped, with ½ cup plain, low-fat yogurt; ¼ cup buttermilk; 2 tablespoons minced fresh parsley; 1 teaspoon sunflower oil; ¼ teaspoon ground ginger; ¼ teaspoon dark brown sugar; and a dash of freshly ground black pepper.

Keep in a covered container in refrigerator until ready to serve.

Now, however, with so many changes taking place in modern diets, whole grains are often ignored as a prime food source. Rich in B vitamins, carbohydrates, and protein, grains deserve a nutritional spotlight. By exploring some of the delicious grain dishes in this chapter, you may find a mouth-watering incentive for expanding your familiarity with grains.

And don't forget to try corn bread, English muffins, and garlic bread made in seconds on top of the stove. Grains and their variety of uses, such as in pastas and breads, can enrich your menus – and your health.

OPULENT RICE SALAD

Makes 4 servings

Though this rice-vegetable-chicken mix is fit for a king, the accompanying cucumber-yogurt dressing has a pauper's share of oil – good news for your health!

2 cups Chicken Stock (see page 110)
1 chicken breast, halved, skinned, and boned
2 cups broccoli florets
2 carrots, thinly sliced on diagonal
4 scallions, thinly sliced on diagonal
1 cup long-grain brown rice
Yogurt and Cucumber Dressing (at left)

Pour chicken stock into large Sauce Pan, cover with Nutri-Tone® Control open, and cook over medium heat until tone sounds. Slice chicken into thin 2-inch strips, add to stock, stir, and cover with Control open. When tone sounds, close Control and cook 2–3 minutes, just until chicken is opaque and springy to the touch.

Using slotted spoon, remove chicken from stock and place in chilled serving bowl. Refrigerate. Add broccoli to pan, turn heat to medium, and cover with Control open. When tone sounds, close Control, turn heat to low, and cook 2–3 minutes. Remove to colander with slotted spoon and run under cold water until cooled. Drain well and refrigerate.

Add carrots to stock, turn heat to medium, and cover with Control open. When tone sounds, turn heat to low, close Control, and cook 3–4 minutes. Remove to colander with slotted spoon and run under cold water until cooled. Drain well and refrigerate.

Add rice to stock and turn heat to medium, covering pan with Control open. When tone sounds, close Control, turn heat to low, and cook 45 minutes, until liquid is absorbed. Cool, then refrigerate.

To assemble salad, combine chicken, broccoli, carrots, scallions, and rice and toss with dressing (at left). Keep refrigerated until serving.

PARTY PASTA SALAD

Makes 8 servings

The perfect salad for parties or picnics – there are no eggs, mayonnaise, or dairy products in the dressing.

4 cups pasta (radiatore, fusili, spirals, or combination)
2 carrots, sliced
2 celery stalks, sliced
1 onion, halved lengthwise then thinly sliced
1 cup broccoli florets
1 tablespoon minced fresh basil or parsley
¾ cup choice of Vinaigrette Dressing (see page 108)

Place 3 quarts water in Dutch Oven and bring to boil over medium heat, covered with Nutri-Tone® Control closed. Lightly salt water and stir in pasta. Return water to boil and cook 6–8 minutes, just until firm-tender. Drain into colander and rinse under cold running water until cooled.

Meanwhile, place carrots, celery, onion, and broccoli in Steamer Inset over 1 inch boiling water. Cover with Control closed and steam 2–3 minutes, until vegetables are crisp-tender. Place Steamer inset under cold running water until vegetables are cooled. Drain well.

Place pasta and vegetables in large serving bowl. Add fresh basil or parsley and dressing. Toss and serve, or chill.

VARIATION: *Hot Linguini Salad:* Use 1 pound regular linguini and 1 pound spinach linquini, and cook as in basic recipe above, but do not rinse. Omit celery, onion, and broccoli. Cut carrots in julienne strips; steam 2 minutes. Add 1 zucchini, cut in julienne strips, and 1 cup peas, and steam an additional 2 minutes. When pasta is done, toss with steamed vegetables, basil or parsley, and vinaigrette. Serve hot.

BROWN RICE HAS NUTRITIONAL ADVANTAGES

All rice begins as "brown" rice, that is, the grain with bran layer and rice germ intact. During the processing of white rice, the bran and germ are removed, stripping the grain of most of the iron and nearly all of the fiber, B vitamins, half the vitamin E, and nearly three-quarters of the other minerals present in the whole grain. What is left is the endosperm, with only a fraction of the nutrition of brown rice.

Brown rice has a nuttier, heartier flavor and chewier consistency than white rice. Cooking with stock or broth can provide additional flavor. Since brown rice takes approximately twice as long to cook as white rice, you may want to make sufficient quantities to refrigerate or freeze leftovers. Reheat as needed.

▶Pasta San Marco includes fresh tomatoes highlighted with herbs and nuts. It is a unique variation on traditional pasta/tomato sauce combinations.

PASTA SAN MARCO

Makes 4 servings

A refreshing departure from meatballs and marinara sauce, this meal-in-one pasta dish features a fragrant and tasty assortment of herbs, olives, walnuts, and fresh tomatoes, and a sprinkling of Parmesan cheese.

1 pound spaghetti, spirals, or shells
1½ tablespoons olive oil
3 cloves garlic, minced
1 cup seeded, chopped tomatoes
½ cup chopped walnuts
½ cup chopped black olives (optional)
½ cup chopped, canned red pimiento (not packed in vinegar)
¼ cup chopped fresh parsley
3 tablespoons minced fresh basil or 1 teaspoon dried basil
¼ teaspoon salt
Dash of freshly ground black pepper
1 piece fresh Parmesan cheese (optional)

Place 4–5 quarts water in Dutch Oven and bring to boil over medium heat, covered with Nutri-Tone® Control closed. Add spaghetti and cook, uncovered, until just firm-tender, 7–8 minutes.

When spaghetti is done, drain in colander. Place oil in hot Dutch Oven, add garlic, and stir with wooden spoon over low heat until slightly tender and translucent. Do not brown. Add tomatoes, walnuts, olives, and pimiento to pan and just heat through.

Remove Dutch Oven from heat. Return spaghetti to Dutch Oven and toss with tomato mixture, parsley, basil, salt, and pepper. Turn into warmed serving bowl. Accompany dish with fresh Parmesan and grater, if desired, to allow each diner to garnish serving with small amount of cheese.

LINGUINI WITH SALMON AND GARLIC

Makes 4–6 servings

1 pound linguini
15½ ounces canned red salmon
1 tablespoon olive oil
10 cloves garlic, thinly sliced
¼ cup Chicken Stock (see page 110)
¼ cup minced fresh parsley
2 tablespoons fresh lemon juice
Dash of freshly ground pepper

Bring 4–5 quarts water to a boil in covered Dutch Oven over medium heat. Lightly salt water; add pasta and stir. When water returns to a boil, turn down heat slightly and cook pasta, uncovered, 5–8 minutes, or just until firm-tender.

Meanwhile, drain salmon, saving liquid (add water or chicken stock to make ½ cup). Discard skin from salmon; crush bones and combine with salmon.

Heat Small Skillet for 2–3 minutes over medium heat; add oil and garlic. Turn heat to low and cook garlic until translucent and softened. Do not allow to brown.

Stir liquid from salmon, the chicken stock, and salmon into garlic. Heat through. Stir parsley, lemon juice, and pepper into salmon. Cover with Nutri-Tone® Control closed, remove from heat, and keep warm.

Drain pasta and place in preheated serving bowl. Toss with salmon mixture until well combined. Serve immediately.

Substitute additional chicken stock for salmon liquid.

COOKING GRAINS

You'll find your Nutri-Tech® Food Preparation System is perfect for cooking grains, because the thick, evenly heating pans prevent the grains from scorching. When cooking grains, use a fork and stir only as suggested in the recipe. Stirring during cooking is never necessary with this system. To assist in creating separate cooked grains on special occasions, a teaspoon of vegetable oil or unsalted butter or margarine can be added to the cooking water. Cooked grains can be held in a covered pan for up to an hour until serving, because the pans hold their heat efficiently.

BULGUR PILAF

Bulgur, cracked parboiled wheat, is a delicious alternative to rice and potatoes as a side dish. For an easy, tasty pilaf, sauté ½ cup chopped onions in 2 tablespoons olive or sunflower oil until onions are translucent.

Add bulgur and stir until well combined with onions. Slowly stir in 2 cups Chicken Stock (see page 110). Stir in ¼ cup minced celery and ¼ teaspoon crumbled dried marjoram. Cover with Nutri-Tone® Control open and cook over medium heat until tone sounds. Reduce heat to low, close Control, and cook 40 minutes, or until liquid is absorbed. Lightly stir in ¼ cup minced fresh parsley and dash of freshly ground black pepper. Serve garnished with parsley.

GARLIC BREAD

Makes 4 servings

1 clove garlic, pushed through a press or finely minced
2 tablespoons olive oil
⅛ teaspoon salt
⅛ teaspoon freshly ground black pepper
2 tablespoons finely minced fresh parsley
¼ teaspoon dried marjoram
8 pieces thickly sliced Italian bread

Combine garlic, oil, salt, pepper, parsley, and marjoram. Spread small amount on each bread slice. Heat Large Skillet 1–2 minutes over medium heat, then place bread slices, herbed side down, in one layer in pan. Cook until very lightly toasted. (If garlic browns, it will become bitter.) Toast remaining bread slices. Serve hot.

Omit salt.

ZUCCHINI LASAGNA

Makes 6–8 servings

2 tablespoons olive oil
1 onion, thinly sliced
2 scallions, thinly sliced
1 cup loosely packed, chopped fresh spinach
1 egg
1 pound skim milk ricotta cheese
4 cups tomato sauce
1 medium zucchini, thinly sliced on diagonal
6–8 lasagna noodles, broken in half, uncooked
½ pound skim milk mozzarella cheese, thinly sliced
2 tablespoons minced fresh parsley, garnish

Heat oil in Large Skillet over medium heat, then add onion and scallions. Stir until tender and lightly browned. Add spinach and stir until wilted. Remove to small bowl.

Beat egg in medium bowl. Stir in ricotta cheese until combined.

Spoon 1 cup tomato sauce across bottom of Large Skillet. Arrange single layer of zucchini slices, slightly overlapped, over tomato sauce. Arrange half the uncooked lasagna noodles in one layer over zucchini. Spoon 1 cup tomato sauce evenly over noodles.

Spread ricotta mixture over tomato sauce in an even layer, add remaining lasagna noodles in one layer, and top with layer of cooked onion and spinach mixture. Spoon on remaining tomato sauce, and arrange slices of mozzarella over top of lasagna.

Cover pan with Nutri-Tone® Control closed and place over low heat. Cook 45 minutes. Remove from heat, open Control, and let stand 15 minutes before serving, sprinkled with parsley.

VARIATION: *Meat Lasagna:* Eliminate oil. Sauté ¾ pound lean ground beef until browned over medium heat. Drain off fat. Add onions and scallions and cook with meat until tender. Stir in spinach until wilted. Remove half of beef-vegetable mixture. Place 1 cup tomato sauce in skillet with remaining meat. Eliminate zucchini; place noodles over meat and sauce. Assemble lasagna as in basic recipe, topping second layer of noodles with meat mixture, then sauce and mozzarella. Cook as above.

▲ **Zucchini Lasagna has a layer of cooked vegetables that add color and nutrition. Succulent flavors are maximized in this moist stovetop version.**

TABBOULEH

Makes 4 servings

Traditional in the Middle East, bulgur-parsley-tomato salad is easy to prepare. Try some special variations below.

1 cup bulgur
1 cup water
2 large, ripe tomatoes, seeded and chopped
¾ cup minced fresh parsley
¼ cup minced scallions
¼ cup fresh lemon or lime juice
1 tablespoon olive or sunflower oil
Dash of freshly ground pepper

Place bulgur and water in small Sauce Pan. Cover with Nutri-Tone® Control open and cook over medium heat until tone sounds. Remove pan from heat. Let stand 10 minutes.

Prepare remaining ingredients. Fluff bulgur in serving bowl to cool slightly. Toss with remaining ingredients. Chill, if desired, before serving.

VARIATIONS: *Tuna Tabbouleh:* Add 6½ ounces drained canned tuna (packed in water) to salad when combining ingredients. *Minted Tabbouleh:* Add ¼ teaspoon finely grated lemon peel to bulgur in Sauce Pan before cooking, and ¼ cup minced fresh mint to remaining ingredients. *White Bean Tabbouleh:* Add 1 cup cooked, cooled white beans to salad and toss. *Seafood Tabbouleh:* Add ½ pound chopped cooked shrimp and 2 tablespoons minced fresh dill.

WILD "RICE"

Wild "rice" is not rice at all, but the seed of a grass that grows wild in the northern United States. Valued for its nutty flavor and exotic appearance, wild rice carries a higher price tag because of the care needed in harvesting, traditionally done by hand from small boats or canoes.

To enjoy the flavor and visual appeal of wild rice on special occasions and still keep the food budget intact, combine a small amount of wild rice when cooking brown rice. The flavors are complementary and both grains cook in the same amount of time, adding to ease of preparation.

Wild rice expands to more than three times its original volume when cooked, another factor that helps bring per-serving costs in line. And this unrefined, high-fiber grain provides proteins, B vitamins, and minerals with next to no fat – a health bonus!

WILD RICE PILAF

Makes 4–6 servings

Brown rice is a perfect choice to serve in combination with its "wilder" counterpart, since both cook in roughly the same amount of time.

1 tablespoon unsalted butter or margarine
1 medium onion, finely chopped
1 celery stalk, finely chopped
¼ cup shredded carrot
¾ cup brown rice
¼ cup wild rice
1½ cups Chicken Stock (see page 110)
1 tablespoon lemon juice
3 tablespoons minced fresh parsley

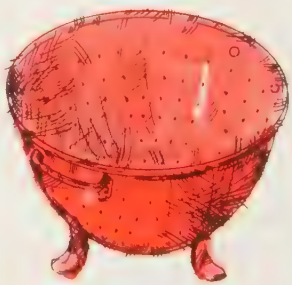
Melt butter in Sauce Pan over medium heat. Add onion, celery, and carrot and stir until onions are translucent. Stir in brown and wild rice until combined with vegetables.

Add chicken stock and lemon juice and cover pan with Nutri-Tone® Control open. When tone sounds, reduce heat to low and close Control. Cook rice 45–50 minutes. Remove from heat, place in warmed serving bowl, and toss with fresh parsley.

TUNA NOODLE CASSEROLE

Makes 4 servings

3½ cups noodles
3 tablespoons unsalted butter or margarine
¼ cup minced celery
¼ cup minced fresh mushrooms
2 tablespoons flour
1¼ cups cold skim milk
½ cup peas
1 6½-ounce can tuna in water, drained
¼ cup minced fresh parsley
¼ cup crushed cornflakes or crackers, topping



Place 2 quarts water in large Sauce Pan and bring to boil over medium heat. Add noodles and cook until firm-tender, 3–4 minutes.

Drain noodles in colander and toss with a teaspoon of vegetable oil to separate. Set aside. Place butter in pan and melt over medium

heat. Stir in celery and mushrooms and cover with Nutri-Tone® Control open. When tone sounds, close Control, turn heat to low, and cook 5 minutes.

Stir flour into ¼ cup cold milk. Add to vegetables in pan and cook over medium heat. As mixture thickens, stir and add remaining milk. Continue to stir until mixture thickens.

Add peas and cook 2–3 minutes. Stir in tuna and noodles and cook until heated through. Stir in parsley, sprinkle with topping, and serve.

CALIFORNIA PASTA

Makes 4 servings

With its firm texture and mild flavor, cauliflower is a perfect match for pasta in a vegetable-rich sauce. Substitute ¾ pound spaghetti or linquini for fresh pasta, if you wish.

1 small onion, quartered
1 carrot, quartered
½ sweet red pepper, seeded
½ cup water
2 cups plain tomato sauce
1 small head cauliflower, separated into small florets
¼ teaspoon dried marjoram, crumbled
Dash of cayenne pepper
1 cup shredded sharp Cheddar cheese
1 pound fresh Whole Wheat Pasta, cooked (see "Making Your Own Pasta," page 130)

Place onion, carrot, and red pepper in blender with water and process on medium speed until smooth. Place blended vegetables in Large Skillet over medium heat, covered with Nutri-Tone® Control open. When tone sounds, close Control and cook 10 minutes over low heat.

Add tomato sauce, cauliflower, marjoram, and cayenne. Return heat to medium and cover with Control open. When tone sounds, close Control, turn heat to low, and cook 6–8 minutes, until cauliflower is tender. Remove from heat. Stir in shredded cheese until melted. Serve over pasta.

MEXICAN RICE

Give your plain, cooked rice south-of-the-border flair.

Melt 1 tablespoon unsalted butter or margarine in Small Skillet over medium-low heat and cook white sections of 8 scallions until soft, about 3–4 minutes. Add 1 finely minced garlic clove and cook 1 minute longer. Stir in 1 cup corn kernels and cook until tender, about 3 minutes. Add 1 small tomato, seeded and chopped, and cook until heated through. Toss ingredients with hot rice; garnish with 2 tablespoons salsa spooned over top and chopped green scallion tops. Serve extra salsa on side.

MAKING YOUR OWN PASTA

Nothing beats the flavor of freshly made pasta, and it isn't very difficult to make. Basically, pasta is a mixture of flour and eggs. Types of pasta vary all over the world; in some places, water is added to the dough, while in others, only some drops of oil are used.

The recipe offered here combines eggs, olive oil, and some water, which seems to be a good combination with all-purpose flour. For 4 servings (about ¾ pound fresh pasta), place 1½ cups all-purpose flour on work surface and form a well in the center deep enough to hold 2 eggs, ¾ tablespoon olive oil, ¾ tablespoon lukewarm water, and ¼ teaspoon salt. With the dough still on the work surface, beat eggs lightly with a fork, incorporating flour slowly into the eggs until combined. If dough is sticky, add a little flour.

Make a ball with the dough and knead until soft and no longer sticky, about 7 minutes, using fresh flour on the work surface as needed. On a floured surface, roll out

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CORN BREAD

Makes 10–12 servings

1 cup yellow cornmeal
1 teaspoon baking powder
¼ teaspoon baking soda
1 cup buttermilk
4 tablespoons unsalted butter or margarine
Dash of paprika

Combine dry ingredients, except paprika, in medium bowl. Add buttermilk. Melt butter in Small Skillet over medium heat. Pour butter into corn bread batter, reserving enough to coat pan. Stir butter into batter and pour into Skillet; sprinkle with paprika.

Turn heat to low, cover with Nutri-Tone® Control closed, and cook 20–25 minutes until baked through. Serve from pan, cutting corn bread with plastic knife.

OATMEAL RAISIN SCONES

Makes 4 servings

A traditional tea bread of England.

1 cup rolled oats
1 cup unbleached flour
2 tablespoons sugar
1½ teaspoons baking powder
¼ teaspoon baking soda
⅛ teaspoon salt
3 tablespoons unsalted butter or stick margarine, cut into ½-inch pieces
⅓ cup raisins
½–¾ cup buttermilk

Grind ½ cup of the oats in blender. Place in medium bowl with remaining oats, flour, sugar, baking powder, baking soda, and salt. Add butter and cut into dry ingredients with pastry blender until the mixture resembles coarse meal. Mix in raisins.

Make a well in center of dry ingredients. Gradually stir in enough buttermilk to make firm, moist dough. Gently knead dough on lightly floured surface until smooth. Divide dough into 4 pieces; form each into thick rounds about 4 inches across.

Heat Large Skillet over medium heat for 2–3 minutes. When drops of water dance when sprinkled in pan, lightly coat or spray

bottom of pan with vegetable oil. Place scones in pan and turn heat to low. Cover with Nutri-Tone® Control open. Bake 15 minutes, then turn, pressing down with spatula to flatten scones. Bake an additional 10–15 minutes, covered, or until golden brown.

Omit salt.

ENGLISH MUFFINS

Makes 18–20 muffins

Enjoy the incomparably fresh taste of your own English muffins, traditionally baked atop the stove.

1 cup lukewarm water
⅔ cup scalded milk
2 teaspoons sugar
1 package active dry yeast
4 cups unbleached flour
3 tablespoons softened unsalted butter or margarine
½ teaspoon salt

Combine water, milk, and sugar in large bowl. When mixture feels quite hot, but not too hot to touch (about 105–115°F), stir in yeast. When mixture bubbles, after about 5 minutes, beat 2 cups flour gradually into milk mixture using wooden spoon.

Cover bowl with cloth. Allow to rise in warm place (about 85°F) for 1½ hours, or until it collapses back into bowl. Beat in butter and salt. Continue to beat in remaining flour, and knead in flour as dough becomes harder to work.

Place dough on floured board. Pat or press to ½-inch thickness. Cut into 3-inch rounds. Knead scraps, roll or press out dough, and continue to cut into rounds until dough is used up. Let muffin dough stand on lightly greased cookie sheets until it has doubled in bulk.

Heat Large Skillet 1–2 minutes over medium heat and coat with clarified butter or margarine, or spray with vegetable oil. Carefully transfer muffins, one at a time, to skillet using pancake turner. Turn heat to low and cook uncovered until muffins are lightly browned, about 10 minutes. Turn and brown remaining side about 10 minutes. Turn heat slightly higher if muffins do not brown.

To serve, cool slightly. Pry muffins apart horizontally, using 2 forks. Butter and toast, if desired.

Omit salt.

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the dough with a rolling pin until thin enough to be translucent. Flour and roll up, jelly-roll fashion, then cut off strips of pasta to desired width. (A pasta machine can also be used to roll out and cut dough.)

To freeze for future use, dust with cornmeal and store in a self-sealing freezer bag. To cook, add pasta to a quantity of boiling, lightly salted water (4 quarts of water to 1 pound of pasta). Stir and cook uncovered, until just firm-tender, 2–4 minutes. Add sauce and serve at once.

Variations: *Lemon Pasta:* Substitute ¾ tablespoon lemon juice for water and add 1 teaspoon finely grated fresh lemon zest to flour; *Saffron Pasta:* Add large pinch of ground or pulverized saffron to flour; *Herbed Pasta:* Add 1 teaspoon each finely crumbled dried marjoram and basil to flour; *Black Pepper Pasta:* Add 2 teaspoons finely ground black peppercorns to flour; *Whole Wheat Pasta:* Substitute ½ cup whole wheat flour for ½ cup all-purpose flour; *Orange Pasta:* Substitute orange juice for lukewarm water and combine 1 tablespoon finely grated orange rind with flour.

MOROCCAN PASTA

Couscous, a grainline semolina pasta traditional in Morocco, is a delicious and quick-cooking alternative to rice or potatoes as a side dish. It is available in the international foods or rice section of most supermarkets.

Because couscous is pre-cooked and dried before packaging, it is table-ready in less than 10 minutes. For 2 servings, bring ¾ cup water, 1 tablespoon unsalted butter or margarine, and a dash of salt to a boil in small Sauce Pan. Stir in ½ cup couscous, remove from heat, and cover with Nutri-Tone® Control closed. Let stand 5 minutes. Fluff couscous with a fork before serving.

Stock or broth may be used in place of water when cooking couscous; butter can be eliminated. For variety, toss cooked couscous with 2 tablespoons minced fresh parsley or ¼ cup cooked peas.

MOROCCAN COUSCOUS

Makes 6 servings

Couscous, available in many supermarkets, is a quick-cooking Moroccan substitute for rice.

1 scant teaspoon coriander seeds
1 scant teaspoon cumin seeds
½ cup pine nuts
2 tablespoons olive oil
1 onion, halved lengthwise and thinly sliced
2 sweet red peppers, seeded and cut into thin 2-inch strips
1 small fennel bulb (about ½ pound) halved lengthwise and thinly sliced
1½ cups cooked chick-peas
¾ cup raisins
1 clove garlic, minced or pushed through a press
2½ cups water
1 tablespoon unsalted butter or margarine
1¾ cups couscous
¼ teaspoon salt

Place small Sauce Pan over low heat and add coriander seeds. Stir with wooden spoon until aromatic, about 1–2 minutes. Add cumin seeds and stir 30 seconds longer. Remove from heat. Cool, then grind spices with mortar and pestle or in spice grinder. Set aside.

In same Sauce Pan over low heat, stir pine nuts until lightly toasted, about 2 minutes. Set aside.

Heat 1 tablespoon oil in Large Skillet over medium heat. Add onion and stir until firm-tender and lightly browned, about 4–5 minutes. Remove onion to large serving bowl.

Add remaining oil to pan and stir-fry peppers until firm-tender, about 5–6 minutes. Place peppers in bowl with onion. Place fennel in pan and stir-fry until slightly tender, about 4–5 minutes.

Return onion and peppers to Skillet. Stir in chick-peas, raisins, and garlic. Add 4 tablespoons water, cover with Nutri-Tone® Control closed, and turn heat to low. Cook 10 minutes, or until tender.

While vegetables are cooking, place 2½ cups water and butter in Sauce Pan. Cover with Control closed and bring to a boil over medium heat. Remove cover and, stirring briskly, add couscous and salt. Cover with Control closed and remove immediately from heat. Let stand 5 minutes.

To assemble dish, place couscous in large serving bowl and fluff with fork. Sprinkle with ground spices and toss to combine. Add pine nuts and stir-fried vegetables to couscous, tossing until ingredients are well combined. Serve hot.

Eliminate salt.

DESSERTS

An elegant dinner party in Europe – or a family's evening meal – will often end, not with a rich dessert, but with a selection of cheeses and fruits. As a result of this and other eating habits, Europeans consume an average of 60 pounds of fruit per year. Their American counterparts, however, eat a meager five pounds of fruit annually.

Because fruits are so low in fat, and excess fat is closely related to health and weight problems, health professionals advocate increasing the amount of fruit in our diets.

In this chapter you will find many good reasons for selecting fruits for dessert. Blushing Poached Peaches, for example, can't be surpassed in elegance, yet this simple dessert can be easily mastered by any cook. Cinnamon and orange highlight delicate peach flavor, while the optional red wine offers a touch of sophistication.

Blueberry Compote with Dumplings combines fresh or frozen berries and a tasty, fiber-filled topping for a cold-weather treat. Fruit Compote and Applesauce with Raisins are two additional meal toppers that will win raves. (For versatility, consider serving either of these as a delicious side dish to accompany meats or poultry.)

For low-fat healthfulness, but rich-tasting goodness, try Creamy Rice Pudding, with raisins. The old-fashioned flavor never betrays that it is made with fat-free skim milk. Tapioca Custard, also created with skim milk, is a hit with children – and their favorite grown-ups! Top the tapioca with fresh berries, sliced bananas, or canned or stewed fruits. Savor Apricot or Pineapple Upside-Down cakes with fruit glistening in syrupy topping.

No matter what the season or occasion, fruit desserts are delicious, healthy endings to nutritious meals.

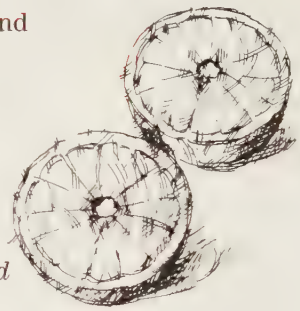
QUICK 'N' EASY DESSERTS

When you want something special, have little time to prepare, and want to keep healthy choices for dessert a priority, keep these fantastically simple ideas on hand:

- Pit and thinly slice 8 peaches; toss with 1 teaspoon lemon juice mixed with 3 tablespoons honey; chill before serving in stem glasses.
- Serve honeydew melon sprinkled with freshly squeezed lemon juice and minced fresh mint leaves.
- Drizzle fresh strawberries or pineapple or apple slices with plain low-fat yogurt and sprinkle with brown sugar.
- Select less commonly served fruits – kiwis, papayas, or mangoes – and serve with lime wedges.
- Prepare fruit salad with seasonal fruits and toss with lemon and/or orange juice.
- Toss canned or fresh peach slices with a small amount of sour cream and sprinkle lightly with brown sugar.
- Sprinkle fresh fruits or berries with freshly grated ginger and a dash of sugar and freshly grated lemon rind.
- Use a melon-baller to cut balls of a selection of melons: cantaloupe, honeydew, Persian, and watermelon.
- Serve apple slices sprinkled with lemon juice and ground cinnamon.

FRUIT COMPOTE

Makes 6 servings



This magnificent complement of flavors will end a meal in style – or try it as a unique side dish

1 tablespoon grated orange peel
½ cup sugar
1 cup freshly squeezed orange juice
1 cup water
2 3-inch cinnamon sticks
3 large tart green apples, quartered and cored
1 cup pitted prunes, halved
½ cup dried apricots, halved

Finely grate orange peel, using care not to get white part of peel.

Place orange peel and sugar in large Sauce Pan. Add orange juice, water, and cinnamon sticks. Cook mixture over low heat, stirring until sugar dissolves. Increase heat to medium and cook, uncovered, 5 minutes.

Cut unpeeled apples into thin slices. Add, with prunes and apricots, to hot syrup. Cover with Nutri-Tone® Control open. When tone sounds, close Control and cook about 20 minutes. Serve warm.

BLUSHING POACHED PEACHES

Makes 4 servings

An elegant, luscious, but simple dessert. The peaches marinate in the syrup until you are ready to serve.

4 firm peaches
¾ cup orange juice
2 tablespoons dry red wine or additional orange juice
½ teaspoon finely grated orange rind
2 tablespoons honey
2 tablespoons maple syrup
1 teaspoon cinnamon
4 thin orange peel strips, garnish
4 mint sprigs, garnish

Cut off top of each peach, about ⅓ the way down, and twist slightly to free pit. Set aside tops. Remove pit. Remove very thin slice from bottom of each peach, then stand trimmed peach halves in Sauce Pan.

Stir together orange juice, wine (if desired), orange rind, honey, maple syrup, and cinnamon until thoroughly combined. Pour half of sauce over peach halves. Replace peach tops. Pour remaining sauce over peaches.

Cover with Nutri-Tone® Control open and cook over medium heat until tone sounds. Close Control, turn heat to low, and cook 20–25 minutes, until peaches are quite tender. With slotted spoon, carefully remove peaches from pan and place in individual dessert dishes. Turn heat to medium and cook sauce uncovered, stirring frequently, until reduced by half. Spoon sauce over each peach.

Cool, then chill at least 1–2 before serving. Garnish with strips of orange rind and mint sprigs at stem end of peaches.

TAPIOCA CUSTARD

Makes 4 servings

3 tablespoons quick-cooking tapioca
⅓ cup sugar
2 eggs, beaten
2 cups skim milk
½ teaspoon vanilla extract

OPTIONAL TOPPINGS
Canned fruit
Cooked apples
Fresh berries
Fresh fruit soaked in wine or liqueur
Sliced almonds
Sliced banana

Stir together tapioca, sugar, eggs, and skim milk in top of Double Boiler and set over rapidly boiling water. Cook 7 minutes, stirring once or twice. Cook 5 minutes longer, stirring frequently.

Remove from heat and stir in vanilla extract. Tapioca thickens as it cools, but can be served warm. Serve with topping of choice.

VARIATION: *Butterscotch Tapioca Custard:* Omit sugar. Melt 2 tablespoons unsalted butter or margarine over medium-low heat and stir in ¼ cup packed dark brown sugar. Cook and stir until bubbles form, then add to cooked tapioca.

FRUIT SORBET

Using a blender or food processor, you can turn a few frozen strawberries and a little whipped cream into a smooth-as-silk sorbet. You'll need 1 cup of whole frozen berries. Place them in either a processor or blender, along with 2 tablespoons maple syrup. Process until smooth, stopping to scrape down the inside of the container with a spatula as necessary. If you're working with a food processor, add ¼ cup whipped cream and process the mixture just until it has been combined. If you're working with a blender, remove the blended strawberry mixture to a small bowl and quickly fold in the whipped cream with a spatula. Spoon sorbet into a chilled serving dish and place in the freezer for a few minutes, if necessary, to firm before serving.

AN APPLE A DAY

Besides keeping the doctor away, an apple in your daily diet provides a form of fiber: pectin. Found abundantly in apples, pectin is a natural substance that can help lower cholesterol. Use these ideas to help make sure you eat that apple a day recommended by health experts:

- Add sliced or cubed apple to hot or cold cereals.
- Mix homemade applesauce (see recipe at right) with fruit and spread on French toast, pancakes, muffins, or toast.
- Sprinkle sliced apple with cinnamon and/or lemon juice for a morning snack.

APPLESAUCE WITH RAISINS

Makes 4 servings

8 large apples, quartered, cored, and partly peeled
1 tablespoon lemon juice
2 tablespoons maple syrup
4 tablespoons apple juice or cider
⅓ cup raisins
Dash of cinnamon
Dash of nutmeg
Dash of ground cloves

Place half the apples in blender or food processor with lemon juice, maple syrup, and half the juice or cider. (Cooking with some of the peel will give added color to applesauce when red apples are used.) Process on medium speed or with short bursts until the apples are pureed, scraping down the sides of the container as necessary.

Pour pureed apple into Sauce Pan. Puree remaining apples with remaining juice or cider. Add to Sauce Pan; stir in raisins and spices. Cover with Nutri-Tone® Control open and place pan over medium heat. When tone sounds, close Control and reduce heat to low. Cook applesauce 15 minutes. Serve hot or cold.

CREAMY RICE PUDDING

Makes 8–10 servings

⅓ cup short- or medium-grain rice
5 cups skim milk
⅓ cup sugar
3 tablespoons raisins
½ teaspoon vanilla extract
Dash of freshly grated nutmeg (optional)

Place rice, milk, and sugar in large Sauce Pan. Stir well to dissolve sugar. Cover pan with Nutri-Tone® Control open and cook over medium heat until tone sounds. Stir briefly, cover with Control closed, turn heat to low, and cook 45 minutes.

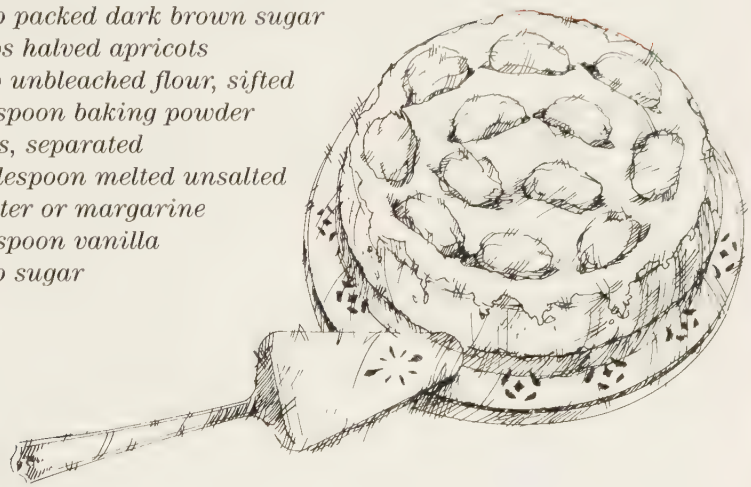
Remove pudding from heat and stir in raisins and vanilla. Let stand, covered, 15 minutes. Cool, then chill before serving. Dust each serving with nutmeg, if desired.

VARIATION: *Cinnamon Rice Pudding:* Add ½ teaspoon finely grated lemon peel to rice, milk, and sugar before cooking; dust chilled rice pudding with ground cinnamon.

APRICOT UPSIDE-DOWN CAKE

Makes 8 servings

¼ cup unsalted butter or margarine
½ cup packed dark brown sugar
2 cups halved apricots
1 cup unbleached flour, sifted
1 teaspoon baking powder
4 eggs, separated
1 tablespoon melted unsalted butter or margarine
1 teaspoon vanilla
½ cup sugar



Melt ¼ cup butter in Large Skillet over medium heat. Stir in brown sugar until dissolved. Remove from heat. Arrange apricot halves, cut side up, over sugar mixture in skillet.

Combine flour and baking powder. In a separate bowl, beat egg yolks and add tablespoon melted butter and vanilla.

With clean beaters, whip egg whites until stiff in medium bowl. Gradually fold in sugar, a tablespoon at a time, then egg yolks, and finally flour mixture, ¼ cup at a time.

Pour batter over apricots, spreading evenly. Cover with Nutri-Tone® Control closed and cook over low heat 25–30 minutes. Open Control and cook 10 minutes more. Place large plate over skillet, then turn skillet upside down over plate, turning out cake. Spoon any remaining brown sugar mixture in pan over cake.

VARIATION: *Pineapple Upside-Down Cake:* Substitute canned, drained pineapple rings for apricot halves.

PURE LEMON GELATIN

For a surprisingly fresh taste (and no artificial colors or flavors added) try making easy Lemon Gelatin. In a small mixing bowl or 2-cup mold, combine 1 scant tablespoon unflavored gelatin with 1 cup boiling water and stir until dissolved. Add ½ cup cold water, ¼ cup freshly squeezed lemon juice, ¼ cup sugar, and a dash of freshly grated lemon rind. Chill until firm. Serve from bowl or unmold. Run a knife around edge of mold. Invert mold over chilled, moistened plate (making gelatin mold easier to move and center on plate). Place warm, damp cloth over mold for a few seconds, if necessary, to help release gelatin. Garnish with lemon slices and mint leaves.

For Orange Gelatin, combine 1 scant tablespoon un-flavored gelatin with ½ cup boiling water, as above. Add 1 cup orange juice, ¼ cup cold water, 3 tablespoons sugar, 1 tablespoon lemon juice, and 1 teaspoon of freshly grated orange rind.

For other fruit gelatins, combine 1 scant tablespoon unflavored gelatin with 1 cup boiling water and stir until dissolved. Add 1 cup fruit juice and sugar to taste.

While fresh fruits can be added to gelatins before they set, fresh pineapple must be poached before adding to any gelatin mixture.

MAKE YOUR OWN BAKING POWDER

Baking soda is useful when leavening pancakes or desserts that contain acids, such as orange juice, lemon juice, or buttermilk. Baking powder, which contains baking soda, includes its own acid: cream of tartar. It can be used, then, in foods that are not acidic.

Commercial double-acting baking powders, however, usually contain aluminum sulfate. Since this additive adds nothing to the leavening power of baking powder, you may want to find a brand without this chemical – or make your own baking powder. The following home-made mixture does not store well, so make only as much as you need per recipe.

For 1 teaspoon baking powder, combine: ½ teaspoon cream of tartar, ¼ teaspoon baking soda, and ¼ teaspoon cornstarch or arrowroot.

BLUEBERRY COMPOTE WITH DUMPLINGS

Makes 8 servings

DUMPLINGS

½ cup whole wheat flour
½ cup unbleached flour
1½ teaspoons baking powder
2 tablespoons sugar
3 tablespoons cold unsalted butter or margarine
1 egg
⅓ cup milk

BLUEBERRY COMPOTE

2 tablespoons unsalted butter or margarine
⅓ cup sugar
1 teaspoon cornstarch
½ teaspoon cinnamon
2 cups boiling water
3 tablespoons lemon juice
¼ teaspoon freshly grated lemon rind
2 cups fresh or frozen blueberries

For dumplings, combine flours, baking powder, and sugar in small bowl. Cut in butter or margarine until mixture is crumbly. Beat egg with milk and stir into dry ingredients lightly, just until flour is well moistened. Set aside.

For blueberry compote, melt butter in Large Skillet over low heat. Combine sugar, cornstarch, and cinnamon with melted butter. Pour in water and cook over medium heat, stirring, until mixture begins to bubble and becomes translucent. Add lemon juice, grated rind, and blueberries. Cover with Nutri-Tone® Control open. When tone sounds, remove cover and drop dumpling batter by tablespoons into blueberries, forming 8 large dumplings.

Cover pan with Control closed, turn heat to low, and cook 20 minutes. To serve, spoon dumplings into serving bowls and top with blueberry compote. Serve warm.

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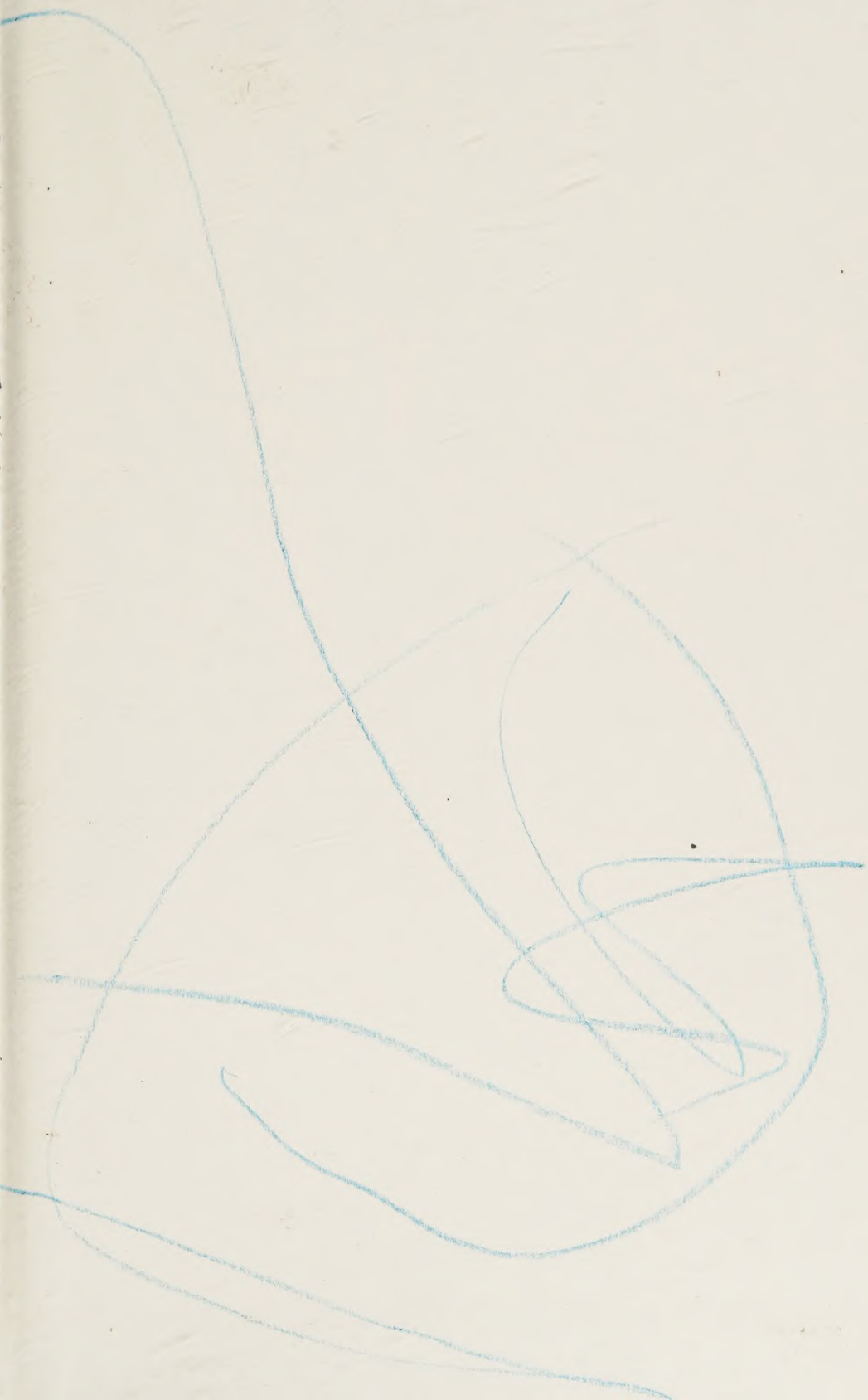

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